VEGAN THAI PEANUT NOODLES

This delicious Asian inspired dish, full of flavor, is easy to throw together in 30 minutes or less and is perfect as quick lunch or dinner.

INGREDIENTS

16 ounces whole grain linguine or fettuccine
or brown rice noodles
3/4 cup peanut butter
1/4 cup low sodium soy sauce
1 tablespoon pure maple syrup
1/2 teaspoon ground ginger
1 tablespoon rice vinegar
1/4 cup vegetable broth
or more for thinner sauce
1/2 teaspoon sriracha
optional
1 teaspoon minced garlic
1 cup shredded cabbage
1 red bell pepper, thinly sliced
1 cup shredded carrots
1 cup edamame, shelled
can use frozen
1/4 cup green onions, chopped
1/2 cup chopped peanuts
for topping

DIRECTIONS

Boil a large pot of water and cook pasta noodles according to package.

In a medium bowl, whisk together peanut butter, soy sauce, maple syrup, ginger, rice vinegar, vegetable broth, & sriracha/chili paste.

Heat a large skillet over medium heat and water saute garlic for 1-2 minutes. Add cabbage, bell peppers, carrots, edamame, and green onions and saute for 4-5 minutes adding water or broth as necessary.

Drain the pasta noodles and return to the pot. Pour peanut sauce and sautéed vegetables over noodles and combine to mix. Serve with chopped peanuts topping.

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ABOUT KIM

Kim Murphy is a certified plant-based health coach and the founder of Simply Plant Based Kitchen. After losing her father to Alzheimer's she knew she needed to commit to a healthy plant-based lifestyle & was inspired to help others do the same. She created Simply Plant Based Kitchen to help people make whole food plant-based eating simple, easy, & delicious so that they can achieve & maintain their health & weight loss goals. Kim lives in Cedar Park, TX with her husband Shawn and 2 boys Mason & Hayden.

Connect with Kim:

Guest Chef & Health Coach
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