

SPICY NOODLES WITH VEGETABLES AND PEAN SAUCE



TIME TO PREPARE

25 Minutes



COOK TIME

10 Minutes



SERVES 6



Ingredients

Peanut Sauce:

- 1/4 cup peanut or other nut butter
- 1/3 cup water
- 2 tbsp soya sauce or Tamari
- 2 tbsp lime juice
- 2 tbsp brown sugar, maple syrup or honey
- 1/4 tsp [red pepper flakes](#), or to taste
- 1 tbsp sesame oil

Noodle Bowl:

- 2 tbsp vegetable oil
- 1 tbsp minced fresh ginger
- 2 cloves garlic, minced
- 1 leek, white and light green part only, cut into matchstick strips
- 1 Asian eggplant, cut into thin strips (about 2 cups)
- 3 cups thinly sliced red or green cabbage ([using a mandolin](#))
- 2 sweet peppers, (assorted colours), seeded and cut into thin strips
- 1 cup frozen edamame

Steps to Make

1. **Peanut Sauce:** In a small saucepan, combine peanut butter, water, soya sauce, lime juice, brown sugar, red pepper flakes and sesame oil. Stir over medium heat until mixture is warm and smooth. Set aside.
2. In a wok or large saucepan, heat oil over high heat. Add ginger, garlic, leek and eggplant and cabbage; cook, stirring for 2 minutes. Add peppers, cook stirring for 1 minute more or until vegetables are just tender-crisp. Stir in peanut sauce until heated through.
3. **Noodle Bowl:** Meanwhile, in a large pot of boiling, salted water, cook edamame for 5 minutes until tender. Strain, reserving water for noodles; rinse edamame under cold water and set aside.
4. Add linguine to the pot and cook according to package directions, approximately 8 to 10 minutes, until tender but firm. Drain and return to pot. Toss with vegetables and peanut sauce until well coated.
5. Spoon into serving bowls and garnish with chopped cilantro, green onions and toasted sesame seeds.

Cook's Note: If using rice noodles, soak in water until softened – do not boil. Add to pot and toss with sauce as directed.

- 12 oz linguine, broken into thirds (or Asian rice stick noodles, soaked in warm water)
- Garnishes: 1/2 cup chopped fresh cilantro/coriander or parsley, chopped green onions, toasted sesame seeds, lime wedges