

Thai Inspired Noodles with Peanut Sauce



• **Ingredients:**

- 8 oz Whole wheat spaghetti – makes about 4 cups cooked spaghetti (you can also use gluten free pasta)
- Half a block of Firm Tofu (from a 16oz pack)
- 3 cloves garlic
- 1 package frozen Broccoli florets (10oz pack)
- 1 red pepper, diced
- 1/3 cup green onions, diced
- Wicked Gourmet Peanut Satay Sauce warmed
- 1 Tbsp sesame seeds, plus more to garnish
- A pinch of crushed red pepper, to taste
- Olive oil cooking spray

Directions:

Dice the red pepper, green onion and tofu into bite sized chunks

Heat a large pan over medium heat. Spray the olive oil cooking spray to coat the pan, and toss the tofu in. Lightly fry the tofu until it's slightly browned, and then add the red pepper, green onion and garlic.

Cook your whole wheat spaghetti according to package directions.

While the spaghetti is cooking, add the frozen broccoli, Wicked Gourmet Peanut Satay Sauce to the tofu mixture. Once the spaghetti is done, transfer the noodles to the veggie mixture and stir to combine. Sprinkle the sesame seeds and stir them in as well.

Add the crushed red pepper to taste and heat through. Add soy sauce or salt to taste (if needed – mine didn't need any more).

Serve and enjoy!



www.wickedgourmet.com

1-877-994-2533

info@wickedgourmet.com

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