Peanut Sesame Noodles

Serves 4. Prep time: 25 minutes active; 35 minutes total.

1 pound Field Day spaghetti
2 carrots, cut into matchsticks
½ red bell pepper, cut in strips
4 cups thinly-sliced purple cabbage
¼ cup Field Day smooth peanut butter

2 teaspoons soy sauce
1 tablespoon lime juice
¼ cup Field Day coconut milk
¼ cup water
1 pinch red pepper flakes
1 teaspoon toasted sesame oil

Preparation

In a large pot, bring water to a boil. Break noodles in halves or thirds and drop into water. Cook for 6 to 7 minutes and test for doneness. When done, drain immediately and rinse with very cold water. Set aside.

Put about an inch of water in a large pot with a lid, and place a steamer basket inside. Bring water to a boil and add carrots to the steamer basket. Cover the pot and steam for 3 minutes, then add bell pepper and steam for another minute. Add cabbage and steam for 2 more minutes.

Blend all remaining ingredients together in a food processor, or use a fork to mix thoroughly in a bowl. Pour noodles and veggies into the pasta cooking pot, add sauce and mix well. Add more soy sauce or lime juice to taste. Serve chilled or at room temperature.

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Ingredient checklist

PRODUCE

- ○ Carrots
- ○ Red bell pepper
- ○ Purple cabbage
- ○ Lime

GROCERY

- ○ Field Day spaghetti
- ○ Field Day smooth
  peanut butter
- ○ Soy sauce
- ○ Field Day coconut milk
- ○ Toasted sesame oil

SPICES/SEASONINGS

- ○ Red pepper flakes

Serving suggestion

Noodles with peanut sauce is a family favorite, served warm or cold. Creamy peanut sauce over noodles and veggies create an intoxicating dish that's just as good the next day, too. Substitute almond or other nut butters for those with a peanut allergy.

Nutritional information per serving

600 calories
12 g. fat
0 mg. cholesterol
260 mg. sodium

102 g. carbohydrate
9 g. fiber
19 g. protein

Estimated cost

Total: $7.21
Per serving: $1.80

The nutritional values and information are approximations, and ingredient costs are estimated.

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