

Peanut Noodles with Veggies

SERVINGS
4-6

PREP TIME
10 MIN

COOK TIME
25 MIN

TOTAL TIME
35 MIN

This is a take on Pad Thai flavors, blending sour sweet salty and umami flavors together in one excellent easy to make meal that everyone will enjoy



ORGANIZING
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Ingredients

Directions

1

PREPARE TOFU:

- 14 oz Block of Firm or Extra Firm Tofu

- Drain tofu package and dry with towel. Press if necessary to remove excess moisture.
- Cut tofu into small cubes (season with salt & pepper if desired, but not necessary because peanut sauce will coat at end).
- Bake @ 400° for approximately 25 min or Air Fry at 400° for approximately 17 min - turn halfway. Then set aside.

2

PREPARE VEGGIES:

- Olive Oil
- 1 Large Onion
- 1 Red Bell Pepper
- 10 oz Bag Shred Carrots
- 2 C Broccoli

- Dice onion & bell pepper and cut broccoli into small pieces. **Any veggie of choice works in this recipe so be creative (ie, zucchini, etc).*
- Heat a drizzle of olive oil in sauté pan over medium heat.
- Add onion, bell pepper, & carrots to pan. Cook for about 5 minutes, stirring often.
- Add broccoli and cook to desired tenderness (about 5 more minutes).

3

PREPARE PEANUT SAUCE:

- 3/4 C Smooth Peanut Butter
- 1/2 C Soy Sauce
- 1/4 C Rice Vinegar
- 2 T Brown Sugar
- 2 T Olive Oil
- 1 tsp Ground Ginger
- ½ tsp Chili Powder
- Water (as needed)

- Combine all ingredients into small bowl and mix until smooth (*you could also use a small blender like a nutri bullet or immersion blender*).
- Add a couple of tablespoons of water **or more as necessary** to thin out to desired consistency.
- **Once blended, taste mixture and adjust to your preferences.** **This is an important step because there may be taste variations in the ingredients you are choosing, so don't skip.*

4

PREPARE RICE NOODLES:

- 1 Pkg (14 oz) Stir Fry Rice Noodles

- SEPERATELY prepare rice noodles according to package directions.
- Serve immediately (below) or add v-butter or oil to prevent sticking.

TO SERVE:

- Portion out rice noodles, peanut sauce, tofu & veggies into separate bowls. Thoroughly combine together.
- Garnish with some chopped peanuts, if available.
- Salt & Pepper to Taste