

Thai Peanut Noodles with Tofu & Veggies

SERVINGS
4-6

PREP TIME
10 MIN

COOK TIME
25 MIN

TOTAL TIME
35 MIN

These noodles are packed with flavor and ready in 35 minutes. Creamy peanut sauce coats tender noodles, crispy tofu, & fresh veggies for a quick, plant-based meal everyone will love.

ORGANIZING
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Ingredients

Directions

1

•14 oz Block of Firm or Extra Firm Tofu

PREPARE TOFU

- Preheat oven to 400° or air fryer to 375°.
- Pat tofu dry with a clean towel, press if needed to remove excess moisture.
- Cut into small cubes. (Season lightly with salt and pepper if desired, though the peanut sauce will add plenty of flavor later.)
- Bake for about 25 minutes, or air fry for 17 minutes, turning halfway through, until golden and slightly crisp. Set aside.

2

•Drizzle of Olive Oil
•1 Large Onion
•1 Red Bell Pepper
•1 Bag Shredded Carrots, 10 oz
•2 C Broccoli

PREPARE VEGGIES

- Dice the onion and bell pepper, and cut the broccoli into small florets. (Feel free to swap in other vegetables, such as zucchini or snap peas.)
- Heat a drizzle of olive oil in a large sauté pan over medium heat.
- Add the onion, bell pepper, and shredded carrots. Cook for about 5 minutes, stirring often.
- Stir in the broccoli and continue cooking for another 5 minutes, or until the vegetables reach your desired tenderness.

3

•¾ C Creamy Peanut Butter
•½ C Soy Sauce
•¼ C Rice Vinegar
•2 tbsp Brown Sugar
•2 tbsp Olive Oil
•1 tsp Ground Ginger
•½ tsp Chili Powder

PREPARE PEANUT SAUCE

- In a small bowl, whisk together all sauce ingredients until smooth. (A small blender or immersion blender also works well.)
- Add a couple of tablespoons of water to reach your desired consistency.
- Taste and adjust the seasoning to your preference, ingredients can vary, so don't skip this step.

4

•1 Pkg Stir Fry Rice Noodles, 14 oz

PREPARE RICE NOODLES

- Cook the rice noodles separately according to the package directions. *Tip: Check rice noodles often and remove from heat as soon as they're tender.*
- Drain well and serve immediately, or toss with a little vegan butter or oil to prevent sticking.

5

•Salt & Pepper (To Taste)

SERVE

- Divide the rice noodles, peanut sauce, tofu, and vegetables into bowls. Toss until everything is well combined.
- Garnish with chopped peanuts and season with salt and pepper to taste.