

Nutty noodles

A quick and easy vegan nutty noodles recipe with peanut sauce.



Serves 6

Ingredients

- 450g whole-grain spaghetti
- Three tablespoons of raw ginger
- Two cloves of garlic
- One and a half cups (340g) of peanut butter, smooth unsalted
- One cup (225ml) of rice wine vinegar
- ⅓ cup (60g) sugar
- ⅓ cup (60ml) soy sauce
- Half a cup (115ml) of water
- Two tablespoons of sesame oil (or other cooking oil)
- One tablespoon of red pepper flakes or cayenne pepper (or to taste)
- One kilogram of frozen mixed vegetables
- Two tablespoons of vegetable oil
- Three tablespoons of sesame seeds

Method

1. In a pot of boiling salted water, cook the spaghetti until tender. Drain and rinse under cold water until cooled. Drain well.

2. Peel and chop the ginger and garlic cloves.
3. In a blender or food processor, purée the peanut butter with the ginger, garlic, vinegar, sugar, soy sauce, water, sesame oil and red pepper flakes.
4. Heat the vegetable oil in a large skillet over medium-high heat. Cook and stir the vegetable medley until just tender. Season to taste.
5. Toss the cooked spaghetti with the cooked vegetable medley and peanut sauce until well coated.
6. Garnish with sesame seeds and serve warm, at room temperature or chilled.

Recipe by HSI/Africa

[More Green Monday Recipes.](#)

For more, visit: <https://www.bizcommunity.com>