

# Spicy Rice Noodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Peanut butter, crunchy	3	tablespoons
Sweet chili sauce	4	tablespoons
Vegetable stock	1 ¼	cup
Tamari sauce, or soy sauce	2	tablespoons
Coconut milk	6	tablespoons
Toasted sesame seed oil	3	tablespoons
Flat rice noodles	2	cups
Frozen sweet corn	¾	cups
Carrots, thinly sliced	1	cup
Red onion, halved, thinly sliced	1	cup
Green beans, chopped	¾	cup
Broccoli, cut into small florets	¾	cup
Garlic, finely chopped	¼	cup
Peanuts, chopped, optional garnish	½	cup
Coriander leaves(cilantro), optional garnish	¼	cup

## Preparation

1. In a small bowl, combine the peanut butter and sweet chili sauce.
2. Heat vegetable stock, tamari or soy sauce, coconut milk, and 1 tablespoonful of the toasted sesame oil in a large saucepan and set aside. Add the peanut butter mixture and stir to combine. Set aside
3. Cook the noodles according to the package directions (but a minute less than suggested), then drain in a colander and toss in 1 tablespoon of sesame oil to prevent sticking. (The noodles should be al dente, not too soft, as they will be heated again with the vegetables and sauce.)
4. Heat the remaining sesame oil in a large frying pan with deep sides (or a wok or big saucepan). Stir-fry the sweet corn, carrots, red onions, green beans, broccoli, and garlic for about 5 minutes on a medium to high heat until vegetables are tender but not overcooked.
5. Add the peanut butter mixture and simmer gently until the vegetables are cooked through but still have a good bite to them and are not too soft, about 4 to 5 minutes.
6. Stir in the cooked rice noodles and heat through.
7. Garnish with chopped peanuts and coriander and serve hot.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 439 Total Fat: 21g Saturated Fat: 5.5g Trans Fat: 0g Monounsaturated Fat: 8g Polyunsaturated Fat: 6.4g Carbohydrate: 56g Fiber: 6g Total Sugars: 10g Protein: 10g Sodium: 456mg Vitamin A: 191mg Vitamin C: 15mg Calcium: 53mg Iron: 2.6mg Folate: 54mcg

