



HEALTHY COOKING

Quick Thai Peanut Noodles

Directions

Ingredients

15oz. package wholewheat noodles
1 tbsp vegetable oil
2 carrots, peeled and cut into thin batons
2 red bell peppers, thinly sliced
2 cups curly kale
5 TBS crunchy peanut butter
2 TBS ginger, peeled and roughly chopped
4 spring onions, 2 roughly chopped, 2 finely sliced
2 garlic cloves, peeled
1½ tbsp soy sauce
1 lime, juiced
1 jalapeno, finely sliced
Water

Cook the noodles by package instructions.
Drain and set aside.

Heat the vegetable oil in a large wok or frying pan over a medium-high heat. Add the carrots, bell peppers and kale and cook for 6-8 min. until the vegetables have softened but still have some bite. Kale will wilt down.

Meanwhile, make the sauce. Using a food processor, pulse peanut butter, ginger, roughly chopped spring onions, the garlic, soy sauce, lime juice. Ad 1/2 cup of water and a pinch of salt in the small food processor until smooth.

Add the cooked noodles to the pan with the vegetables and stir in the sauce. Toss well to combine, adding a splash more water to loosen, if needed.

Divide between 4 shallow bowls and top with the jalapeno and remaining spring onions to serve.

Serving Size: Serves 4

Prep Time: 15min Total Time: 5min

Nutritional Facts: Calories 416 | Carb 10g | Fat 6g | Protein 18g | Sugar 4g | Fiber 6g



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