High Protein Vegan Thai Noodles

TOTAL TIME
20 mins

COURSE
Dinner, Main Course

SERVINGS
4 servings

CALORIES

INGREDIENTS

- 2 packs WhatIF Ramen or instant noodles of your choice (for real though try WhatIF)
- ½ cup mushrooms sliced
- ½ cup bell peppers julienned
- 1 cup bok choy can substitute cabbage
- 1 cup bean sprouts
- 6 oz seitan
- garnish ideas: scallions, chopped peanuts, sesame seeds, sliced carrot

Sauce
- 2 tsp sesame oil
- 2 tsp chili garlic sauce can substitute sriracha
- 4 Tbsp PB2
- ½ cup low sodium soy sauce can substitute tamari for gluten-free

INSTRUCTIONS

1. Bring pot of water to boil and add noodles. Boil for 5-7 minutes.
2. Add sesame oil, chili garlic sauce, PB2, and soy sauce to small bowl and mix with fork.
3. Drain noodles and set aside.
4. Lightly spray sauce pan with canola oil over medium heat.
5. Add mushrooms and bell peppers.
6. Add sauce and simmer for 2 minutes.
7. Add bok choy and bean sprouts. Simmer for 2 minutes.
8. Add seitan and simmer for 5 minutes.
9. Sauté until all vegetables are thoroughly cooked.

10. Add noodles and mix to coat evenly with sauce.

11. Add garnish before serving.

NUTRITION

Nutrition Facts

High Protein Vegan Thai Noodles

Amount Per Serving

Calories 241	Calories from Fat 41

	% Daily Value*
Fat 4.5g	7%
Carbohydrates 25g	8%
Protein 25g	50%

* Percent Daily Values are based on a 2000 calorie diet.

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Tried this recipe?

Let us know how it was!