



Thai Peanut Noodles Recipe



Nutty, slightly spicy sauce tossed with noodles, cooks in just 10 minutes. The easiest and fastest takeout dinner you can make in your own kitchen!

Course Main Dish

Cuisine Asian
Keyword noodles, takeout

Prep Time 2 minutes
Cook Time 10 minutes
Total Time 12 minutes

Servings 4 people
Calories 338 kcal
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Ingredients

- 1/4 cup smooth peanut butter
- 1/4 cup low-sodium soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons packed brown sugar or honey
- 1/2 teaspoon chili paste like sambal oelek
- 1 tablespoon rice vinegar or apple cider vinegar
- 2 garlic cloves minced
- 1/4 teaspoon ground ginger
- 3 tablespoons water
- 8 oz. noodles fettuccine, lo mein or other

Instructions

1. Cook noodles according to instructions on the package. Drain and keep warm.
2. Whisk all ingredients for sauce in a small bowl or measuring cup. Make sure the sauce is smooth and the peanut butter mixed well with all ingredients. Taste and add more chili paste if needed.
3. Heat up the sauce in a pan or in a microwave and pour over noodles. Toss to coat.
4. Garnish noodles with chopped green onions and toasted sesame seeds. Serve.

Recipe Notes

You can add thinly sliced carrots, edamame beans or split peas, thinly sliced peppers and even cubed chicken to make the dish even more filling. You can go for a simple

meal and garnish the noodles with chopped green onions and toasted sesame seeds. If you look at the Asian section of your grocery store, you will find several kinds of noodles. You can use any you like in this dish! If you don't want to buy special noodles or don't have time for a trip to the store, use spaghetti or fettuccine noodles. Ramen noodles from a soup packet work great too! Simply cook and toss with the sauce.

Nutrition Facts	
Thai Peanut Noodles Recipe	
Amount Per Serving	
Calories 338	Calories from Fat 63
% Daily Value*	
Fat 7g	11%
Saturated Fat 1g	6%
Sodium 624mg	27%
Potassium 263mg	8%
Carbohydrates 56g	19%
Fiber 2g	8%
Sugar 9g	10%
Protein 12g	24%
Vitamin C 0.5mg	1%
Calcium 28mg	3%
Iron 1.4mg	8%
* Percent Daily Values are based on a 2000 calorie diet.	