

Spicy Tahini Kelp Noodles

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 2

Kelp noodles are carb-free noodles made from seaweed with a mild taste and texture of al dente pasta. They're a great option when you're cutting carbs or going keto. A thick, bold sauce pairs perfectly with the noodles, so we tossed ours in a creamy tahini sauce with just the right amount of spice.

You can serve this dish hot or cold. It's great for meal prep or for taking along on picnics. The noodles are loaded with crunchy, bright veggies like broccoli, carrots, mushrooms, and edamame for a boost of veggie-based protein. Feel free to change up the veggies with what you have on hand. You can easily bulk this recipe up for any meat lovers by adding grilled chicken, shrimp, or even seitan.

Ingredients

For the Noodles:

- 12 ounces kelp noodles
- 3 tablespoons olive oil
- 8 ounces mushrooms, sliced
- 1 teaspoon salt
- 3 cups broccoli florets
- 2 clove garlic cloves, minced
- 1 cup shelled edamame
- 1/2 cup carrots, julienned
- 1/4 cup scallions, thinly sliced
- Sesame seeds, for garnish

For the Spicy Tahini Sauce:

- 2 tablespoons peanut butter
- 2 tablespoons tahini
- 2 teaspoons chili garlic paste
- 1 teaspoon fresh ginger, grated
- 2 teaspoons sesame oil
- 1/4 cup soy sauce
- 3 tablespoons honey
- 1 tablespoon lime juice
- 1 teaspoon rice wine vinegar

Steps to Make It

Prepare the Noodles

1. Gather the ingredients.
2. Drain and rinse the noodles, then set aside.
3. Heat the olive oil in a large saute pan over medium-high. Add the mushrooms and salt, then saute until softened and browned, about 3 minutes.
4. Add the broccoli and garlic to the pan, and saute for 1 minute.
5. Add the edamame and carrots, and sauté until all the vegetables are heated through but still crisp, 2 to 3 minutes.

Prepare the Spicy Tahini Sauce

1. Gather the ingredients.
2. Whisk together the sauce ingredients in a large bowl.
3. Add the noodles to the bowl and toss to coat. Allow it to sit for 5 minutes so the noodles can soften.
4. Add the noodles to the pan with vegetables, tossing to combine. Cook over low until the sauce and noodles are heated through, 1 to 2 minutes.
5. Serve the kelp noodles topped with the sliced scallions, then sprinkle with sesame seeds, if desired.

Recipe Variations

- You can serve the noodles hot or cold.
- Add in grilled chicken or grilled shrimp for extra protein if you aren't looking to keep this dish vegetarian.
- Add more garlic chili paste to make it spicier or leave it out if you want it mild.
- If you don't have tahini sauce you can use all peanut butter. You can also substitute other nut butters like almond butter.
- If you're looking to stick to a keto diet, leave out the honey.