

Thai Peanut Butter Stir-Fry

This recipe is a great base for whatever the veggies you have in the bag for the week! Feel free to use whatever you love!

Ingredients:

8 ounces dried soba noodles

3 Tablespoon peanut butter (use PB 2 powder for low calorie version)

1/4 c low sodium soy sauce (liquid aminos if avoiding soy)

Juice and zest of three limes

1 can coconut milk (can use light for lower calories)

1 tsp garlic powder

2 TBS umami powder

2 TBS Aleppo pepper (reduce for less spice flavor)

2 TBS Vegetable oil

1 Share of bok Choi, cleaned and chopped to 1-inch pieces

1 share broccoli, cleaned and cut to florets

3 spring onions with tops, cleaned and sliced. Green parts separated from white.

3 carrots, cleaned and sliced into sticks

Directions:

Prepare soba noodles to directions on the package and set aside

Whisk together sauce:

Peanut butter, soy sauce, lime juice, coconut milk and all spices. Taste for seasoning. Add more spice if desired. Set aside

In a wok or Dutch oven, heat vegetable oil. Sauté one vegetable at a time, removing from wok or pot as completed-

Bok Choi, then broccoli, then carrots, then white portions of the spring onions.

Once all vegetables have been sautéed until soft, add back all vegetables at once to the pot or wok. Add sauce and let come to a simmer. Add green parts of spring onions, lime zest, and cooked soba noodles and toss to coat. Serve warm.