

# Empowered Noodle Bowl with Thai Peanut Sauce

VEGAN + GLUTEN-FREE



Tested and Approved by 86lemons.com

<http://86lemons.com/empowered-noodle-bowl>

Original Recipe Source: *The Oh She Glows Cookbook*, pages 152-154, by Angela Liddon. Reprinted by arrangement with AVERY, a member of Penguin Group (USA) LLC, A Penguin Random House Company. Copyright © GLO BAKERY CORPORATION, 2014.

**SERVES:** 4

**PREP TIME:** 25 minutes

**COOK TIME:** 5 to 9 minutes

## STEP 1:

Make the Thai Peanut Sauce: In a mini or regular food processor, combine the garlic, sesame oil, peanut butter, ginger (if using), lime juice, tamari, sugar, and 2 to 3 tablespoons water. Process until combined. Taste and add more lime juice, if desired.

## STEP 2:

Cook the soba noodles according to the instructions on the package. Be sure not to overcook them—they should only take 5 to 9 minutes depending on the brand. Drain the noodles and rinse them under cold water. Transfer the noodles to a large bowl and toss them with a drizzle of extra-virgin olive oil (this prevents the noodles from sticking together).

## STEP 3:

Add the edamame, bell pepper, cucumber, carrot, green onions, and cilantro to the bowl with the noodles and toss until well combined.

## STEP 4:

Pour desired amount of sauce over the salad and toss to coat. (Any leftover sauce will keep in an airtight container in the refrigerator for up to 1 week.)

## STEP 5:

Portion the salad into 4 bowls and garnish each serving with a sprinkle of sesame seeds and some green onions. Serve any leftover dressing on the side.

## FOR THE THAI PEANUT SAUCE:

- 1 large clove garlic
- 2 Tbsp toasted sesame oil
- 3 Tbsp natural smooth peanut butter or almond butter
- 2 tsp grated fresh ginger (optional)
- 3 Tbsp fresh lime juice, plus more as needed
- 2 Tbsp + 1 tsp low-sodium tamari
- 1-2 tsp granulated sugar

## FOR THE SALAD:

- 4 oz gluten-free soba (buckwheat) noodles\*  
Extra-virgin olive oil, for the noodles
- 1 16 oz bag\* frozen shelled edamame, thawed
- 1 red bell pepper, diced
- 1/2 seedless (English) cucumber, diced
- 1 carrot, julienned
- 4 green onions, chopped, plus more for serving
- 1/4 cup fresh cilantro leaves, chopped  
Sesame seeds, for serving

*\*Note from 86 Lemons: I used quinoa pasta instead of soba noodles. I also used a 10 oz bag of edamame instead of 16 oz and it was plenty.*

**TIPS:** For a soy-free Thai Peanut Sauce, replace the tamari with coconut aminos. To make this dish completely soy-free, omit the edamame as well. For a raw version, serve this noodle bowl with spiralized or julienned zucchini instead of the soba noodles.