



VEGGIE LOADED NOODLES

Don't let the ingredient list fool you. This is a quick and easy weeknight meal, packed with big flavours and loaded with vegetables.

Servings 5 people



INGREDIENTS

- 1 package wide rice noodles (250 g)

Sauce

- 1/4 cup ketchup (60 mL)
- 3 Tbsp reduced sodium soy sauce (45 mL)
- 2 Tbsp lime juice (30 mL)
- 1 Tbsp brown sugar (15 mL)
- 1 Tbsp seasoned rice vinegar (15 mL)
- 1 Tbsp tahini (15 mL)
- 1 tsp sesame oil (5 mL)
- 1 Tbsp Sriracha hot sauce (optional) (15 mL)

Vegetables

- 1 Tbsp canola oil (15 mL)
- 1/2 cup thinly sliced red onion (125 mL)
- 1 Tbsp minced ginger (15 mL)
- 2 bell peppers, thinly sliced (2)
- 2 cups grated carrot (500 mL)
- 1.5 cups bagged coleslaw mix (375 mL)
- 1/4 cup fresh cilantro (60 mL)
- 1/4 cup sliced green onion (60 mL)
- 1/4 cup chopped peanuts (optional) (60 mL)

DIRECTIONS

1. Prepare noodles according to package directions. Drain and rinse thoroughly with cold water and set aside.
2. In a small bowl, whisk together all ingredients for sauce and set aside.
3. In a large non-stick wok or skillet, heat canola oil over medium heat. Add red onion and ginger and cook for 3 minutes, stirring often, until onions are tender.
4. Add peppers, carrots and coleslaw, and cook for 3-4 minutes, until slightly softened.
5. Add sauce, and toss to coat vegetables evenly.
6. Add noodles, toss gently with vegetables and sauce and cook until noodles are heated through.
7. Garnish with cilantro, green onion, and nuts, if desired.