

Peanut Noodles

This simple, yet delicious recipe for peanut noodles is full of flavor, but takes just minutes to whip up. Creamy and savory, with a little zing, you'll make these any time you need a quick meal!



Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins



5 from 4 votes

Course: Noodles Cuisine: Asian Keyword: peanut noodles

Servings: 2 Calories: 519kcal Author: Kaitlin

Ingredients

- 200 g fresh white (wheat) noodles (7 ounces; or 100g/3.5 ounces dried)
- 2 cloves garlic (minced)
- 1 1/2 teaspoons ginger (minced or grated)
- 1/3 cup peanut butter (85g; creamy or chunky)
- 2-3 tablespoons hot water (depending on desired sauce consistency)
- 1 tablespoon Thai sweet soy sauce (we like the "Healthy Boy" brand; can substitute 1 teaspoon Chinese dark soy sauce, plus 1 teaspoon sugar)
- 2 teaspoons light soy sauce
- 2 teaspoons fish sauce (or vegan fish sauce to keep the dish vegan)
- 1/2 teaspoon sesame oil
- 1 tablespoon lime juice (optional)
- 2 teaspoons chili oil (optional)

Instructions

1. Bring a pot of water to a boil for the noodles. Meanwhile, prepare the garlic and ginger, and add to a serving bowl along with the peanut butter and hot water.
2. Stir to combine, letting the hot water loosen the peanut butter. Then stir in the sweet/dark soy sauce, light soy sauce, fish sauce, and sesame oil, along with the lime juice and chili oil if using.
3. By now, your water should be boiling. Cook your noodles according to package instructions. Drain and toss in your sauce. Serve.

Nutrition

Calories: 519kcal | Carbohydrates: 53g | Protein: 19g | Fat: 28g | Saturated Fat: 5g | Sodium: 1224mg | Potassium: 279mg | Fiber: 5g | Sugar: 16g | Vitamin C: 3mg | Calcium: 24mg | Iron: 1mg