

## BGC Charlottetown Weekly Recipes

<b>Dish name:</b>	Peanut Noodles	
<b>Cook Time:</b>	10 m	<b>Serving: 4</b>
<b>Ingredients</b>		
	<ul style="list-style-type: none"> <li>● 8 ounces of noodles (spaghetti, ramen, rice noodles etc.)</li> <li>● 2 tablespoons toasted sesame oil</li> <li>● 1 bunch green onions, sliced (white parts only - reserve green parts for garnish)</li> <li>● 1 teaspoon minced fresh ginger</li> <li>● 1/3 cup peanut butter</li> <li>● 1/4 cup low-sodium soy sauce</li> <li>● 1/4 cup hot water</li> <li>● 1 Tablespoon cider vinegar</li> <li>● 1 teaspoon sugar</li> <li>● 1/4 teaspoon crushed red pepper flakes</li> </ul>	
	<p>Tip: This sauce recipe is a great way to jazz up Mr. Noodle or any thin pasta you have around the house</p>	
<b>Instructions</b>		

1. Cook pasta as per package instructions.
2. While noodles are cooking, prepare the sauce.  
In a small skillet, heat sesame oil over low heat  
Add the onions (white parts only) and cook  
until tender. Add the ginger and cook for about  
1 minute.
3. Increase the heat to medium and stir in the  
peanut butter, soy sauce, water, vinegar, sugar,  
and pepper. Stir until combined. Remove from  
heat.
4. Toss pasta with sauce and garnish with sliced  
green onions and peanuts if desired.

Tip: Add frozen or fresh vegetables and a source of protein to make this a filling meal.

