

30 Minute Vegan Stir Fry Sesame Noodles

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Servings: 4

Ingredients

For the sauce:

- 1/3 cup low sodium soy sauce or coconut aminos
- 1/3 cup water
- 3 cloves garlic, minced
- 2 tablespoons coconut sugar or brown sugar (or sub 1 tablespoon pure maple syrup)
- 1 tablespoon sesame oil (preferably toasted sesame oil)
- 1 tablespoon rice vinegar
- 1 tablespoon fresh grated ginger
- 1 tablespoon sesame seeds (or sub 1 tablespoon tahini)
- 1/2 teaspoon red pepper flakes
- 1/2 tablespoon arrowroot starch (or sub cornstarch)

For the veggies & chickpeas:

- 1 tablespoon toasted sesame oil (preferably toasted sesame oil)
- 1/2 white onion, cut into large chunks
- 2 large carrots, thinly sliced
- 1 red bell pepper, chopped
- 1 large head of broccoli, chopped into florets
- 1 (15 ounce) can chickpeas, rinsed and drained

For the noodles:

- 10 ounces stir fry rice noodles (or feel free to sub ramen noodles or soba noodles)

For serving:

- 1/2 cup basil leaves, ribboned/julienned
- 1/2 cup roasted cashews, chopped
- Scallions (green part of the onion only)
- Extra sesame seeds

Steps

1. First make your stir fry sauce: in a medium bowl, whisk together the soy sauce, water, garlic, coconut sugar, sesame oil, rice vinegar, fresh ginger, sesame seeds, red pepper flakes and arrowroot starch (or cornstarch). Set aside.
2. Add 1 tablespoon sesame oil to a large pot then add in chopped onion and sliced carrots and cook for 2-4 minutes until onions begin to soften. Next add in broccoli and bell pepper and cook, stirring frequently, for an additional 6-8 minutes or until broccoli is slightly tender but still have a bite.
3. While the veggies are cooking, make your stir fry rice noodles according to the directions on the package. Then drain and set aside.
4. Add the drained chickpeas to the pot with the cooked veggies. Immediately turn the heat to low and add in the sauce. Cook for an additional 2 minutes over low heat until the sauce begins to thicken a bit. It should be nice and saucy. Stir in rice noodles, fresh basil

ribbons and cashews; toss again to combine. Garnish with scallions and sesame seeds.
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