

Peanut Kelp Noodles

Kelp noodles are a nutrient powerhouse full of vitamins A, B1, C, D & E!

Prep:
5 minutes

Cook:
10 minutes

Ready In:
15 minutes

Servings:
2



Noodles

- 1 package of kelp noodles
- 1 tsp baking soda
- 2 tbsp lemon or lime juice

Peanut Sauce

- 1/2 cup creamy peanut butter
- 1/2 cup coconut milk
- 2 tbsp Thai red curry paste
- 2 tbsp coconut aminos
- 2 tbsp apple cider vinegar
- 1 tbsp brown sugar

Toppings

- peanuts
- cilantro
- green onion
- steamed or raw veggies
- chopped lettuce

Instructions

- 1 Pour your kelp noodles into a large bowl and add in your baking soda and lemon juice. Cover the kelp noodles with water and stir for a few seconds to break them apart. Let the noodles sit in the mix for 2 minutes and then rinse them under clean water 3-4 times. Place kelp noodles in a bowl with a clean dry towel (or paper towels) to soak up any excess moisture while you make the sauce.
- 2 For the sauce combine all of your ingredients in your blender and blend until smooth. (This sauce can make 2 servings of kelp noodles, save the other half for a quick lunch tomorrow).
- 3 Add your kelp noodles onto a serving dish, add any veggies or toppings you like and pour sauce over top. Enjoy!