

Sesame Garlic Noodles

When I'm in the mood for takeout, this is my go to!
A healthy version of asian takeout noodles.

Prep:
5 minutes

Cook:
25 minutes

Ready In:
30 minutes

Servings:
2



Sauce

- 8 ounces whole wheat spaghetti*
- 1 tbsp tahini
- 2 tbsp coconut aminos or soy sauce
- 3 garlic cloves, minced
- 4 cups mixed veggies*
- 1 tbsp sesame seeds
- 1 tbsp miso
- 1/4 cup water
- 1 tsp red chili flakes (optional)

Instructions

- 1 Fill a large saucepan with water and bring to a boil. Add in your noodles and cook for 6-8 minutes. *You can use any type of noodle for this recipe just be sure to follow the instructions on the package.
- 2 Once your noodles are done, drain them and set aside. Add into your saucepan over medium heat your coconut aminos and garlic and saute for 5 minutes.
- 3 In a small bowl, add in your tahini, miso and water and whisk together until smooth. Pour into the pan with the garlic and add in your veggies. You can use whatever kind of vegetables you like for this. I used mushrooms, scallions, carrots, bell pepper, broccoli and cabbage.
- 4 Toss the veggies in the sauce, cover and cook for 7-8 minutes until the sauce thickens and the vegetables cook.
- 5 Next add your cooked noodles into the mix and toss. Serve with a little sesame seeds, red chili flakes or cilantro on top.