

Spiralized Veggie Noodles with Peanut Sauce

Susan Alsembach

Hello,

This is a great example of how adding a little protein and some cooked pasta, you can turn this simple salad into a satisfying dinner, with so many colours and flavours you won't leave the table feeling hungry.

Enjoy,

Susan

Spiralized Veggie Noodles with Peanut Sauce

12 ingredients · 15 minutes · 5 servings



Directions

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers

For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size

One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free

Use coconut aminos instead of tamari.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Additional Toppings

For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

More Protein

Add cooked chicken, shrimp or tofu.

Ingredients

- 1 2/3 Zucchini (medium)
- 1 2/3 Carrot (large, peeled)
- 1 2/3 Red Bell Pepper (thinly sliced)
- 223 grams Purple Cabbage (thinly sliced)
- 108 grams All Natural Peanut Butter
- 49 milliliters Water
- 49 milliliters Lime Juice
- 30 grams Tamari
- 33 grams Maple Syrup
- 1 2/3 Garlic (clove, minced)
- 3 grams Ginger (minced)
- 50 grams Hemp Seeds