

Noodle Bowls with Spicy Tahini Sauce

I love a good noodle bowl; perhaps the freedom to design unique combinations speaks to my inner rebel child! Regardless of the reason, these are just pure joy to make and consume. I hope you can work this recipe into your menu next week.

Ingredients

Sauce

- $\frac{1}{2}$ cup tahini
- One lime, juiced
- 1 T Maple Syrup
- 1 T White or Chickpea Miso
- 1-2 T Gochujang Paste, adjust as you prefer
- Water to thin to desired consistency
- Salt and Pepper to taste

Blend in a mini processor or with an immersion blender until smooth, thinning with water until you reach a pourable consistency. Adjust seasonings, adding more chili paste for heat if preferred.

Noodles

One package of noodles*, prepared according to directions, rinsed in cold water, and sprinkled with sesame oil to keep separated. I keep the noodles in a colander with a lid over warm water while waiting for the veggies to cook.

* King Soba offers a wide variety of organic, gluten-free noodles.

Vegetables

Steam or Stir-fry a selection of veggies.

I used Brussel sprouts, bok choy, scallions, sweet peppers, and mushrooms in the photo above.

Depending on their size, cut in half or quarter, brussels sprouts and baby bok choy. While they cook, in a skillet, quickly sauté scallions, sweet peppers, and mushrooms.

This recipe makes a perfect meal between shopping trips as it allows the freedom to use up the various bits of vegetables that remain. Try using a combination of textures, flavors, and colors for a well-balanced bowl. One type of bitter green is always a great addition.

Assemble bowls by dividing noodles, arranging vegetables, and drizzling them with sauce.

Sprinkle with toasted sesame seeds or chopped cilantro.