



Thai No-Stir Fry Noodles:

- ½ box of soybean spaghetti noodles
- ½ a red bell pepper
- ¼ of a head of purple cabbage
- ¾ cup cooked chickpeas
- 1 large carrot
- 1 large zucchini
- 1.5 tbsp raw almond butter
- 1.5 tbsp orange juice
- ½ tsp fresh, minced ginger root
- 1.5 tbsp salt-free mustard

1. Boil your noodles as directed.
2. Julienne cut your purple cabbage and steam until it has become a vibrant purple and is slightly tender.
3. Peel your carrots so they become very thin slices of carrot, do the same with your zucchini (if you own a mandolin you can shred both of these vegetables.)
4. Julienne cut your red bell pepper.
5. Mix together with a whisk or spoon your almond butter, orange juice, minced ginger, and mustard to form the sauce.
6. In a large non stick pot or pan (preferably the one you cooked your noodles in) combine you noodles, vegetables, and sauce and warm them up on low heat. Be sure to stir frequently so nothing burns or sticks.
7. Eat!