



Spicy Tahini Kelp Noodles

The Ingredients

For the Noodles

- 12-oz. kelp noodles
- 3 tbsp olive oil
- 8-oz. mushrooms, sliced
- 1 tsp salt
- 3 cups broccoli florets
- 2 clove garlic cloves, minced
- 1 cup shelled edamame
- ½ cup carrots, julienned
- ¼ cup scallions, thinly sliced

For the Sauce

- 2 tbsp peanut butter
- 2 tbsp tahini
- 2 tsp chili garlic paste
- 1 tsp fresh ginger, grated
- 2 tsp sesame oil
- ¼ cup soy sauce
- 3 tbsp honey
- 1 tbsp lime juice
- 1 tsp rice wine vinegar

Directions

- Drain and rinse the noodles, then set aside. Heat the olive oil in a large saute pan over medium-high. Add the mushrooms and salt, then saute until softened and browned, about 3 minutes. Add the broccoli and garlic to the pan, and saute for 1 minute. Add the edamame and carrots, and sauté until all the vegetables are heated through but still crisp, 2 to 3 minutes.
- For the sauce, whisk together the ingredients in a large bowl.
- Add the noodles to the bowl and toss to coat. Allow it to sit for 5 minutes so the noodles can soften. Add the noodles to the pan with vegetables, tossing to combine. Cook over low until the sauce and noodles are heated through, 1 to 2 minutes.
- Serve the noodles topped with sliced scallions, then sprinkle with sesame seeds, if desired.

[REFERENCE: THE SPRUCE EATS](#)