I Love Vegan

ALMOND BUTTER NOODLES (adapted)

- ¼ cup soy sauce
- 2 tbsp chili garlic sauce
- 3 tbsp maple syrup (or less)
- 1 tbsp sesame oil (or less) (optional)
- 2 cloves garlic, minced
- Juice of half lime
- Black pepper, to taste
- 1 block extra-firm tofu, pressed to remove excess moisture and sliced into strips
- ⅓ cup almond butter
- ½ cup water
- 2 tbsp dry roasted peanuts
- 2 tbsp toasted sesame seeds, divided
- 2 to 4 tbsp sherry, wine, water or broth
- ½ yellow bell pepper, julienned
- ½ red bell pepper, julienned
- 1 large carrot, julienned
- 6 green onions, sliced
- 1 cup spinach, julienned
- 4 cups cooked rice vermicelli noodles (8 oz dried)

TO SERVE:

- Sliced green onion/scallion
- Chopped dry roasted peanuts
- Toasted sesame seeds
- Lime wedges
- Thai basil chiffonade (optional)

In a shallow dish, marinate pressed tofu slices in soy sauce, chili garlic sauce, maple syrup, sesame oil, minced garlic, lime juice, and black pepper, for 1 to 12 hours. (Tofu will be more flavorful the longer it's marinated.) Preheat oven to 350 degrees shortly before the next step.

Reserving all of the marinade, roast the tofu on a nonstick or lightly oiled baking sheet for 25 minutes, using a spatula to turn the strips about halfway through. Remove from baking sheet and set aside.

In a food processor or blender, combine the leftover tofu marinade with almond butter, water, and 1tbsp toasted sesame seeds. Blend until smooth. Add 1 tbsp toasted sesame seeds and 2 tbsp peanuts. Pulse on low to allow them to keep their texture.

Boil rice noodles according to package instructions and drain them.

In a skillet, heat the sherry or other liquid over high heat. Add the sliced bell pepper and julienned carrot. Cook for 2 minutes. Add the green onion and spinach and cook for 1 minute. Remove from heat.

Add the cooked noodles to the stir-fried vegetables. Add enough almond butter sauce to generously coat the noodles, reserving some for the table, and combine. Stir noodles and sauce. Serve and top with sliced marinated tofu, the listed garnishes, and extra almond butter sauce.

Editor's Notes: I liberally adapted this recipe but kept its basic contours. Here a few changes/options. (1) You may want to reduce the amount of maple syrup and toasted sesame oil. (2) The recipe calls for rice noodles, but any noodle, egg-free and preferably whole-grain (e.g.,whole wheat fettuccine), would be fine. (3) The recipe calls for sautéing the tofu; I substituted a no-oil roasting method. (4) The recipe calls for you to use a high speed blender for several minutes to heat the sauce, but gives a "cool" option (quickly blend the sauce and serve it with the noodles cold or room temp). You could use any kind of food processor or blender to mix this sauce, and could even whisk it by hand. If you want a hot pasta dish, you can gently warm the sauce on the stovetop.



I Love Vegan is the site of Brittany and William, a married couple from Alberta Canada. It features 180+ recipes, as well as a menu option for information on how to "Go Vegan." Many of the recipes use oil or processed foods, but can be adapted.

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