Peanut Chickpea Cabbage Noodles

Four main-dish bowls of noodles, chickpeas and cabbage · Active 20 min · Total 35 min

Skills: Coordinating noodle and cabbage cooking, then folding a measured peanut sauce through

Ingredients

• 8 oz dry spaghetti or plain wheat noodles (225 g)

• About 10 cups water for noodles (2.5 L), or enough for the pasta package

• 10 1/2 oz green cabbage, tough core removed and leaves finely shredded (300 g prepared)

• 2 cans cooked chickpeas, 15 oz/425 g net each, drained and rinsed (480 g total drained)

• 1/4 cup smooth peanut butter (60 g)

• 2 tablespoons reduced-sodium soy sauce (30 ml)

• 1 tablespoon food vinegar, such as cider or rice vinegar (15 ml)

• 2 teaspoons finely grated fresh ginger (6 g)

• 1/4 cup warm water for sauce (60 ml), plus up to 1 tablespoon/15 ml only if needed

• 2 tablespoons water for warming chickpeas (30 ml)

Set out

Large saucepan, at least 5 qt/5 L, Colander, Small saucepan, Small heatproof bowl and whisk, Tongs or 2 broad spoons

Allergens

peanut, soy, wheat. Check labels and substitutions.

Make it

1. Bring the noodle water to a boil in the large saucepan. Cook the spaghetti according to its package, adding finely shredded cabbage for the final 4–5 minutes. Return to a simmer and cook until noodles are tender and cabbage is softened.

2. Meanwhile warm drained chickpeas with the 30 ml water in the small saucepan over medium-low heat for 5–6 minutes, stirring, until hot. Keep covered off heat briefly.

3. Whisk peanut butter with 60 ml warm water until smooth, then whisk in soy sauce, vinegar and ginger. The sauce should coat a spoon while still pouring.

4. Drain noodles and cabbage thoroughly. Return to the large pan off heat, add warm chickpeas and peanut sauce and lift gently with tongs or two spoons until evenly coated. If the coating is very tight, add a tablespoon of plain warm water rather than more peanut butter. Share the whole mixture among 4 bowls and serve.

One vegetable in the noodle pot

The large saucepan has room for cabbage as well as noodles. Do not put this quantity into a tiny pan and expect the same return-to-boil time.

Ingredient labels

Peanut butter and soy sauce supply peanut and soy; wheat noodles and many soy sauces contain wheat, and some noodles contain egg. Check actual labels. No sesame ingredient is required, but label and cross-contact information still matters.

A useful detail

The time assumes plain wheat noodles or spaghetti that cooks in about 10–12 minutes. Follow a different package time and add cabbage for its own final 4–5-minute stage.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat only the portion wanted to 165°F/74°C throughout with a little water, lifting and stirring to reach the center. Freeze promptly cooled portions for up to 1 month; the cabbage and noodles soften after thawing. Thaw in the refrigerator.