Chickpea and Spinach Peanut Noodles

2 generous bowls · Active 10 min · Total 22 min

Skills: Easy

Ingredients

- 5 oz dried wheat noodles (140 g)
- 3 tablespoons smooth peanut butter (48 g)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 1 tablespoon lime juice (15 ml)
- 1 teaspoon brown sugar (4 g)
- 1 teaspoon toasted sesame oil (5 ml)
- 1/3 cup hot water (80 ml), plus more as needed
- 1 can chickpeas, 15 oz (425 g), drained and rinsed
- 4 oz baby spinach (115 g)
- 2 scallions, thinly sliced

Set out

Saucepan, Large skillet, Heatproof mixing bowl

Allergens

Wheat, Peanut, Soy, Sesame. Check labels and substitutions.

Make it

1. Cook noodles according to packet directions, drain and set aside.

2. Whisk peanut butter, soy sauce, lime, sugar and sesame oil in a bowl. Gradually whisk in the hot water until pourable.

3. Put chickpeas and 2 tablespoons water in the skillet over medium heat. Cover and warm for 3 minutes. Add spinach, cover for 1 minute, then stir until wilted.

4. Add noodles and peanut sauce. Toss over low heat for 1–2 minutes, adding a spoonful of water if needed. Scatter with scallions and serve.

Sauce for a later break

If cooking ahead, leave the sauce slightly loose and pack a tablespoon of water alongside the portion. Add it before reheating rather than trying to stir cold, tightly stuck noodles.

A useful detail

Keep the heat low after adding the peanut sauce; vigorous boiling can make it stick.

Keep it well

Cool promptly in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C with a little water. Carry chilled with two cold sources in an insulated bag.