

FIT n'FREE



SESAME BUCKWHEAT NOODLES WITH EDAMAME AND KALE

FOR THE SAUCE:

- 1 2-INCH PIECE OF FRESH GINGER, PEELED
- 4 CLOVES OF GARLIC
- 2 TABLESPOONS AGAVE (OR BROWN SUGAR)
- 1/3 CUP CREAMY PEANUT BUTTER
- 2 TABLESPOONS RICE VINEGAR
- 2 TABLESPOONS LOW SODIUM SOY SAUCE
- 1 TEASPOON SRIRACHA (ADJUST HEAT TO YOUR LIKING)
- 2 TABLESPOONS PEANUT OIL (OR CANOLA OIL)
- 2 TABLESPOONS SESAME OIL
- 1 CUP RESERVED COOKED PASTA WATER

FOR MEAL:

- 1 BAG FIT N' EASY BUCKWHEAT PASTA
- 2 CUPS THINLY SLICED LACINATO KALE
- 1 1/2 CUPS SHELLLED EDAMAME
- SESAME SEEDS, LIGHTLY TOASTED IF DESIRED

TO MAKE YOUR SAUCE, COMBINE ALL INGREDIENTS (EXCEPT PASTA WATER) IN A BLENDER OR FOOD PROCESSER. PROCESS UNTIL SMOOTH. SET ASIDE.

PREPARE PASTA ACCORDING TO DIRECTIONS. RESERVE 1 CUP OF PASTA WATER AND SET ASIDE TO COOL SLIGHTLY. PLACE THINLY SLICED KALE AND EDAMAME IN A LARGE COLANDER IN YOUR SINK. POUR PASTA AND WATER INTO COLANDER. DOING THIS WILL WILT AND "COOK" THE KALE AND EDAMAME JUST ENOUGH FOR YOUR NOODLES.

ADD THE SLIGHTLY COOLED RESERVED PASTA WATER TO THE SESAME SAUCE AND PROCESS UNTIL SMOOTH. PLACE NOODLES, KALE, AND EDAMAME BACK INTO POT AND POUR SESAME SAUCE OVER NOODLES. GENTLE TOSS TO COMBINE. ADD SALT AND PEPPER TO TASTE. SERVE AT ROOM TEMPERATURE OR CHILLED THE NEXT DAY.

Like us on Facebook 

[FACEBOOK.COM/GOURMETINT](https://www.facebook.com/GOURMETINT)

FOLLOW US ON 

[PINTEREST.COM/GOURMETINT](https://www.pinterest.com/GOURMETINT)