



Makes 8 cups
Preparation Time: 40 minutes

INGREDIENTS:

1½ cups low-sodium vegetable broth

2 tablespoons peanut butter

2 tablespoons lime juice

1 tablespoon pure maple syrup

5 teaspoons minced garlic

5 teaspoons grated fresh ginger

¼ teaspoon crushed red pepper

½ cup chopped onion

1 to 1¼ lb. baby bok choy, quartered

1 cup thinly bias-sliced carrots

6 oz. dry brown rice noodles (see tip in recipe intro)

1 cup fresh or frozen shelled edamame

1 cup snow peas, slivered

1 cup fresh sprouts (optional)

½ cup sliced scallions

¼ cup chopped fresh mint leaves

¼ cup chopped fresh cilantro

2 tablespoons unsalted dry-roasted peanuts, finely chopped

1 teaspoon lime zest

Lime wedges

Thai chiles

Gluten-Free Thai Noodle Bowls with Bok Choy and Peanut Sauce

Saucy, brothy, and packed full of fresh veggies, these **Thai**-inspired noodle bowls are everything you want in a satisfying plant-based meal. **Bok choy** and carrots are simmered in veggie stock until tender and then combined with chewy brown rice noodles and hearty edamame. A homemade Peanut Sauce is drizzled over the jumble to swirl finger-licking flavor into every bite, and a garnish of lime-infused herbs ties everything together. Add some roasted peanuts on top for a tasty crunch, a few Thai chiles for heat, and then dig into this delicious gluten-free noodle bowl!

Tip: Most rice noodles are gluten-free, but if gluten is an issue, opt for a brand of brown rice noodles that are certified gluten-free.

For more inspiration, check out these tasty ideas:

- [Tofu Shirataki Noodles with Lentils, Green Beans, and Tomatoes](#)
- [Tropical Soba Noodle Bowls](#)
- [Cucumber and Glass Noodle Salad](#)
- [Rice Vermicelli Bowls with Bok Choy and Adzuki Beans](#)

By Nancy Macklin, RDN

- 1 For Peanut Sauce, in a small bowl whisk together ½ cup broth, the peanut butter, lime juice, maple syrup, 2 teaspoons ginger, 2 teaspoons garlic, and the red pepper flakes. Cover and chill until ready to serve.
- 2 In a large skillet cook onion, remaining garlic, and remaining ginger over medium 2 to 3 minutes, stirring occasionally and adding the remaining broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add bok choy, carrots, and enough broth to cover the bottom of the skillet. Cover skillet; steam bok choy and carrots 5 minutes or until tender.
- 3 Meanwhile, cook noodles according to package directions, adding edamame and snow peas the last 1 minute of cooking. Drain well. Add sprouts (if using), scallions, mint, and 2 tablespoons of the cilantro.
- 4 In a small bowl combine the remaining 2 tablespoons cilantro, the peanuts, and lime zest.
- 5 Divide bok choy, carrots, and cooking liquid among shallow bowls, arranging the vegetables on one side of each bowl. Place noodles on the other side of each bowl. Drizzle with Peanut Sauce and sprinkle with peanut mixture. Serve with lime wedges and Thai chiles.