



Slow Cooker Thai Peanut Noodles

Serves 4

Ingredients

4 portions	200 g	Rice noodles, medium width, dry
4 cups	1000 ml	Chicken broth, sodium reduced
2 cups	500 ml	Carrots, cut into matchsticks
1 cup	250 ml	Onion, thinly sliced
2 tbsp	30 ml	Cilantro stems, minced
2 tsp	10 ml	Soy sauce, sodium reduced
1 tsp	5 ml	Fish sauce
2 tsp	10 ml	Hot sauce
2 tsp	10 ml	Lime juice
¼ cup	60 ml	Peanut butter
2 tsp	10 ml	Brown sugar
1 tbsp	15 ml	Cornstarch
2 tsp	10 ml	Ginger, fresh, minced or grated
1 tsp	5 ml	Garlic, minced
2 tbsp	30 ml	Curry paste, mild

Directions

1. Add rice noodles to the bottom of the slow cooker and top with remaining ingredients.
2. Cook on low for 1 ½ - 2 hours, until rice noodles are cooked. Gently combine all ingredients until incorporated once noodles have softened.
3. Serve warm or cold, topped with cilantro leaves, green onion, sesame seeds or chopped peanuts.