

# Stir Fry Noodles with Chickpeas & Basil

Wonderful vegan stir fry noodles made in just 30 minutes for the perfect weeknight dinner! These easy sesame noodles have a homemade stir fry sauce and a boost of plant-based protein from chickpeas. Top with fresh herbs and roasted cashews for a beautiful meal you'll make again and again. Adapted from: Monique Volz of [AmbitiousKitchen.com](https://ambitiouskitchen.com)

**Prep Time** 15 minutes **Cook Time** 15 minutes

**Total Time** 30 minutes

**Servings** 2 servings

## Ingredients

**For the sauce:**

- 2 tbsp + 2 tsp low sodium soy sauce or coconut aminos
- 2 tbsp + 2 tsp cup water
- 1 clove garlic, minced
- 1 tbsp brown sugar
- ½ tbsp oil
- ½ tbsp rice vinegar
- ½ tbsp fresh grated ginger
- ¼ tablespoon cornstarch

**For the veggies & chickpeas:**

- ½ tbsp oil
- ¼ white onion, cut into large chunks
- 1 large carrots, thinly sliced
- ½ red capsicum, chopped
- ½ head of broccoli, chopped into florets
- Bok choy, chopped
- ¾ cup chickpeas, rinsed and drained
- stir fry rice noodles
- ¼ cup basil leaves, ribboned/julienned
- Spring onion, chopped
- Coriander, chopped

## Instructions

1. First make your stir fry sauce: in a medium bowl, whisk together the soy sauce, water, garlic, coconut sugar, oil, rice vinegar, fresh ginger, red pepper flakes and cornstarch. Set aside.
2. Add 1 tablespoon oil to a large pot then add in chopped onion and sliced carrots and cook for 2-4 minutes until onions begin to soften. Next add in broccoli and bell pepper and cook, stirring frequently, for an additional 6-8 minutes or until broccoli is slightly tender but still have a bite.
3. While the veggies are cooking, make your stir fry rice noodles according to the directions on the package. Then drain and set aside.
4. Add the drained chickpeas to the pot with the cooked veggies. Immediately turn the heat to low and add in the sauce. Cook for an additional 2 minutes over low heat until the sauce begins to thicken a bit. It should be nice and saucy. Stir in rice noodles, fresh basil ribbons; toss again to combine. Garnish with spring onion and coriander.

