

Sesame and Peanut Butter Stir Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-peanut-stir-fry-indian-recipe>

Ingredients:

- 2 tablespoons sesame oil
- 3 tablespoons low sodium soy sauce
- 2 tablespoons creamy peanut butter
- 2 tablespoons sesame seeds
- 2 tablespoons peanuts chopped, roasted
- 1/4 cup fresh cilantro chopped
- 1 red bell pepper or yellow, sliced
- 4 baby bok choy washed and sliced
- 1 cup broccoli cut into strings
- 1 cup bean sprouts
- 2 cups baby spinach fresh and washed
- 1/2 cup chopped celery
- 1/2 cup marinade asian Sesame
- 11 tagliatelle nest, pasta
- 1 tablespoon minced garlic

Nutrition:

1. Calories: 1860 calories
2. Carbohydrate: 326 grams
3. Cholesterol: 410 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 73 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 700 milligrams
9. Sugar: 6 grams

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