

# Chinese Peanut Sesame Noodles

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/peanut-noodles-recipe-chinese>

## Ingredients:

- 8 ounces noodles dried spaghetti, or 1 pound fresh or frozen thin lo mein noodles
- 2 tablespoons sesame oil plus a glug
- 4 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons Chinese sesame paste or tahini if not available, though this will taste a bit more mild
- 1 tablespoon creamy peanut butter
- 1 tablespoon sugar
- 1 tablespoon finely grated fresh ginger
- 1 tablespoon minced garlic
- 2 teaspoons chili paste or chili oil, or to taste
- 2 scallions green and light green parts, sliced thin
- peanuts optional
- sesame seeds optional

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 50 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 930 milligrams
9. Sugar: 5 grams

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