



Protected: Spring Veggie Bowl w/ Red Curry Lime Sauce

Servings **4-6 bowls**

Prep **10 min**

Cook **30 min**

Main Ingredients

8 oz. Rice Noodles

4 heads Baby Bok Choy (chopped big or small)

2 Tbsp. Grapeseed Oil

1 lb. Asparagus (trimmed)

$\frac{1}{2}$ Lime

to taste Salt

$\frac{1}{2}$ **cup sliced** Green Onions

Tofu (optional)

Red Curry Lime Sauce

1 cup Veggie Broth

2 Tbsp. Red Curry Paste

$\frac{1}{2}$ **tsp.** Lime Zest

2 Tbsp. Lime Juice

2 Tbsp. Fresh Minced Ginger

1 Tbsp. Peanut Butter

1 Tbsp. Brown Sugar, Maple Syrup or Agave Syrup

2 tsp. Tamari or Soy Sauce

1 clove Garlic (minced)

1 Tbsp. Cornstarch or Arrowroot Powder

Directions

- 1** Cook the noodles according to package directions. When they are done, drain them and run them under cold water until they are cool to the touch. Set them aside. We will need these fuckers later.
- 3** Now lets make red curry sauce. Measure out 1 tbsp. of the vegetable broth and set it aside in a small glass.
- 4** Put the rest of the broth in a small saucepan and bring it to a simmer. Add the curry paste, lime zest, lime juice, ginger, peanut butter, sugar, tamari, and garlic. Mix it all up and make sure there aren't any curry or peanut butter chunks.
- 5** Mix together the cornstarch with the broth you put in the small glass until there are no more chunks. This is going to thicken up that watery-ass sauce, just wait. Pour this into the simmering sauce and whisk until the sauce starts getting nice and thick, about 1 minute. Turn off the heat, taste, and add more garlic, lime juice, or whatever your tongue is craving. Let it cool for at least a couple minutes before serving.
- 6** Brush the baby bok choy with 1 tbsp. of the oil and toss the asparagus with the other 1 tbsp. Now heat up your grill or grill pan to medium-high and lightly grease it up with a thin layer of oil. Throw on the asparagus and grill those pointy fuckers until all the sides have some grill marks and the stalk has a little give when you pick it up with your tongs, 5 to 8 minutes with periodic rotation. Next, add the bok choy and cook on each side for 3 to 4 minutes so that they pick up some nice grill marks. When the veggies are done, squeeze the lime juice over them and add a sprinkle of salt. When the bok choy is cool enough to handle, cut each piece in half one more time from top to bottom so that shit is easier to eat. cut the asparagus into 1 inch pieces for the same fucking reason.

- 7 Now Throw together your bowls. Start by placing a handful of the noodles (about 1 cup) on one side of the bottom of your bowl. On the other two-thirds of the bowl, pile in a bunch of grilled veggies and tofu strips. Drizzle the whole fucking thing with sauce, top with green onions and serve right away.