

mee kah teeh

2 tbsp peanut oil  
1 can lite coconut milk  
2 tbsp red curry paste  
2 tbsp tamari  
2 tbsp brown sugar  
1 cup frozen peas  
2 packages seitan or tofu, whichever you prefer  
1 tbsp red pepper flakes  
1/2 lime, squeezed for juice  
2 cups bean sprouts  
1/2 cup crushed peanuts  
1/2 cup fresh chopped cilantro  
1/2 package of thai stir-fry rice noodles  
lime for garnish

in a medium pot, bring water to a boil. remove from heat. immerse 1/2 package of the rice noodles into hot water and let stand for 8-10 minutes or until noodles are soft. drain; rinse with cold water.

in a wok or skillet, heat your oil and add your seitan or tofu. cook for approximately 6-8 minutes for a slight golden brown. add your coconut milk, red curry paste, brown sugar and tamari. let simmer for 20-25 minutes (the flavors will blend). then add your lime juice, red pepper flakes and peas. let cook for another 8-10 minutes.

in a mixing bowl, combine your curry mixture with the bean sprouts and your cooked noodles. garnish with crushed peanuts, cilantro and a little slice of lime.

goes great with a cold glass of pinot grigio.  
enjoy!