

# Dinner Recipe: Peanut Noodles

[Food & nutrition](#), [Popular](#) / [Andrew Skurka](#)

For years Peanut Noodles has been a crowd favorite, usually ranking just below the world famous [Beans & Rice](#). This backpacking dinner recipe goes on every single guided trip and on most personal trips, especially if I have a prepared batch of sauce already in the fridge.

The sauce has gone through several iterations, getting better each time. It's actually worthy of at-home use — we usually pair it with a blackened chicken breast.

This video is helpful, but note that the recipe has been updated.

Peanut Noodles: Dinner recipe for camping & backpacking



Meal stats

- Recommended meal weight: 5.7 oz
- Total calories: 796
- Caloric density: 141 calories/ounce



Optimal consistency for Peanut Noodles — plenty of sauce, not too soupy.

## Ingredients

Backpacing Recipes & Ingredients : Peanut Noodles						
Ingredient	Ounces	Calories per oz	Comments	Allergy info	Where to buy	Buy online now
Ramen noodles	3.0	127	Do not use seasoning packet	Wheat + more	Grocery, Costco	<a href="#">Maruchan Ramen</a>
Cashews	0.7	150	Adds crunch and calories	Tree nut	Grocery, Costco, or online	<a href="#">Sincerely Nuts</a>
Peanut butter	1.1	175	Add honey wt if sugar-added	Peanuts	Grocery, Costco	<a href="#">Justin's Peanut Butter, Classic</a>
Olive oil	0.1	240	Boosts caloric density	-	Grocery, Costco	<a href="#">Bertolli Extra Virgin</a>
Toasted sesame oil	0.2	240	Strong & distinct flavor	Sesame	Grocery, online	<a href="#">La Tourangelle</a>
Soy sauce	0.2	30	Not calorically dense, adds flavor	Soy, G/F available	Grocery, Costco	<a href="#">Kikkoman Soy Sauce 1L</a>
Honey	0.2	88	Do not use if PB has added sugar	-	Grocery, Costco	<a href="#">L.R. Rice Raw Honey</a>
Coconut milk powder	0.1	191	Adds creaminess, subtle flavor	Coconut	Natural foods, online	<a href="#">Z Natural Foods</a>
Garlic	0.0	93	A little bit goes a long way	-	Ubiquitous	<a href="#">Kirkland Granulated</a>
Ginger Powder	0.0	111	Very Strong, a little goes far	-	Spice aisle, Amazon	<a href="#">Simply Organic</a>
Universal spice kit	0.0	0	Salt, pepper, red pepper flakes	-	Grocery, Costco, online	<a href="#">1-oz HDPE bottles</a>
<b>Totals</b>	<b>5.7</b>	<b>141</b>	-	-	-	-

Peanut Noodles
>  
<

If you have a gluten sensitivity, swap the Top Ramen for [Millet and Brown Rice Ramen](#) from Lotus Foods.

Cashews are not critical, but they improve flavor and texture. They can be substituted for raisins or crushed peanuts. Or, use more than one.

Since we first developed this recipe, the sauce has become more involved, now with eight ingredients. The effort is more easily justified by making a large batch, like for a group, a long solo hike, or mixed field/home use. If you need to simplify it (at the expense of flavor), the most critical ingredients are:

- Peanut butter
- Toasted sesame oil (or olive oil, at the expense of flavor)
- Soy sauce
- Garlic

Per each two-ounce serving of the sauce, use about 0.04 ounces garlic and 0.01 ounces of ginger. A normal postal scale will not register these trace amounts; you need to buy a drug scale or to make a 10-serving batch.

For our guided groups, we don't add Sriracha chili sauce because some clients object to the spiciness. But we love it. For each 2-ounce serving, add about 0.04 ounces. A field-friendly alternative are red pepper flakes, which are part of the universal spice kit.

While I haven't personally tried it, an alternative butter (e.g. cashew, almond, or sunflower) would avoid peanut allergy concerns.



## At-home preparation

Ramen noodles have their own packaging, and I normally leave them that way. The exception is a short solo trip, when at home I may crush up the noodles and re-bag them with the raisins or crushed cashews.

The raisins or crushed cashews are bagged separately and divided in the field.

The sauce should be made at home. Mix all of the listed ingredients, minus the noodles and cashews. I recommend making big batches with a kitchen mixer, unless you want an arm workout.

Carry the sauce into the field in a 4- or 8-oz [Nalgene HDPE Container](#) or a 16- or 32-oz [Nalgene Wide-Mouth Bottle](#). Even if you only need one serving, do not attempt to use a 2-oz bottle to save a few grams over the 4-oz or 8-oz size — you will struggle to pour the sauce into it and to clean it later.



The sauce is relatively involved — there are several ingredients, and it's difficult to mix large batches without a mechanical mixer. So I make big batches that I can send out on group trips or that I can pull from for short solo trips.

## Cooking instructions

1. If you prefer smaller noodle pieces to long, stringy ones, crush the noodles before opening the package. But be careful — the package can rip open.
2. Remove the MSG-filled “flavor” packet.
3. Bring to a boil at least 1.25 cups (10 oz, 300ml) of water.
4. Add the Ramen and the cashews, turn off the stove or let it burn out, and let the noodles sit for 5 minutes.
5. Add the sauce.

If you use more than the minimum 1.25 cups of water, everything can be added at the very beginning, since the extra water will prevent scorching the ingredients.

To get the sauce out of the bottle, we add water and shake vigorously. A 32-ounce bottle becomes very clean after two or three rounds.

## Have questions or an experience with this meal?

Leave a comment.

---

*Disclosure. I strive to offer field-tested and trustworthy information, insights, and advice. I have no financial affiliations with or interests in any brands or products, and I do not publish sponsored content*

*This website is supported by affiliate marketing, whereby for referral traffic I receive a small commission from select vendors like Amazon or REI, at no cost to the reader.*

---

Posted in [Food & nutrition](#), [Popular](#) on November 22, 2019

Tags: [Meal time: Backpacking breakfast & dinner recipes](#), [Video](#)

---