



## Asian Noodles with Roast Pork

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 teaspoons fish sauce
- ☐ 1.5 tablespoons black bean garlic sauce chinese
- ☐ 1 pound broccoli chinese
- ☐ 2 tablespoons canola oil
- ☐ 4 chilies dried hot
- ☐ 1 pound egg noodles fresh chinese
- ☐ 2 garlic clove minced
- ☐ 1 pound ground pork

- ☐ 1 tablespoon brown sugar light
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 2 tablespoons oyster sauce
- ☐ 0.5 pound roasted chinese thinly sliced
- ☐ 1 spring onion thinly sliced
- ☐ 1 teaspoon sesame oil toasted
- ☐ 2 large shallots finely chopped
- ☐ 2 teaspoons penzey's southwest seasoning (a vegetable-based liquid seasoning)
- ☐ 1.5 tablespoons rice vinegar
- ☐ 1 tablespoon frangelico hot ( chile sauce)
- ☐ 1 tablespoon frangelico hot ( chile sauce)

## Equipment

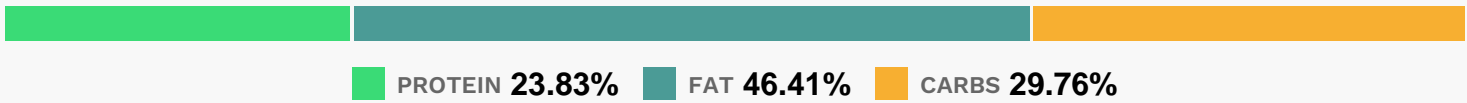
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

## Directions

- ☐ In a very large nonstick skillet, heat 1 tablespoon of the canola oil.
- ☐ Add the shallots and garlic and stir-fry over moderately high heat until lightly browned, about 2 minutes.
- ☐ Add the ground pork, brown sugar, black bean sauce, dried chiles, Maggi sauce and fish sauce and cook, breaking up the meat with a spoon, until it is browned in spots, about 10 minutes.
- ☐ Add 3/4 cup of the chicken broth and cook over moderately low heat until the broth has evaporated, about 8 minutes. Stir in 1 tablespoon of the vinegar.
- ☐ Transfer the ground pork mixture to a bowl and wipe out the skillet.
- ☐ In a jar, combine the remaining 1/2 cup of chicken broth and 1/2 tablespoon of vinegar with the oyster sauce, sesame oil and sambal oelek. Seal the jar and shake the sauce to blend.
- ☐ Bring a large pot of water to a boil.

- ☐
- Add the Chinese broccoli and cook until it is crisp-tender, about 2 minutes. Using tongs, transfer the broccoli to a work surface and cut it into 1-inch pieces. Return the water to a boil and add the noodles. Cook just until al dente.
- ☐
- Drain the noodles, shaking off the excess water.
- ☐
- Heat the remaining 1 tablespoon of oil in the skillet.
- ☐
- Add the roast pork, ground pork, broccoli and noodles and toss to combine.
- ☐
- Add the sauce and cook, tossing, until the noodles are evenly coated, 5 minutes.
- ☐
- Add the scallion, transfer to a large platter and serve.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:25.648695582929%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 488.35kcal (24.42%), Fat: 25.2g (38.77%), Saturated Fat: 7.82g (48.9%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 31.53g (11.46%), Sugar: 5.46g (6.07%), Cholesterol: 78.24mg (26.08%), Sodium: 552.83mg (24.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.23%), Vitamin K: 95.33µg (90.79%), Vitamin C: 69.48mg (84.21%), Vitamin B1: 0.79mg (52.44%), Selenium: 31.79µg (45.41%), Vitamin B6: 0.78mg (39.2%), Vitamin B3: 6.88mg (34.42%), Phosphorus: 293.92mg (29.39%), Vitamin B2: 0.38mg (22.19%), Iron: 3.93mg (21.81%), Potassium: 715.55mg (20.44%), Fiber: 4.84g (19.36%), Zinc: 2.81mg (18.76%), Manganese: 0.31mg (15.46%), Folate: 61.55µg (15.39%), Vitamin B12: 0.81µg (13.42%), Magnesium: 51.65mg (12.91%), Vitamin B5: 1.28mg (12.76%), Vitamin A: 613.12IU (12.26%), Vitamin E: 1.79mg (11.94%), Calcium: 87.37mg (8.74%), Copper: 0.15mg (7.61%), Vitamin D: 0.15µg (1.01%)