



Cellophane-Noodle Salad with Roast Pork

 Dairy Free

READY IN



420 min.

SERVINGS



10

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz bean-thread noodles very thin (also known as cellophane, glass, or mung bean noodles)
- ☐ 2 carrots cut into 1/8-inch-thick matchsticks thin
- ☐ 1 cucumber seedless thick halved lengthwise sliced
- ☐ 0.5 cup basil leaves fresh loosely packed
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 3 tablespoons ginger fresh finely grated peeled
- ☐ 0.5 cup mint leaves fresh loosely packed

- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.8 lb green beans chinese trimmed cut into 3-inch pieces (1 bunch)
- ☐ 0.3 cup hoisin sauce
- ☐ 1 large jalapeño chile fresh minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 firm-ripe mango pitted peeled thinly sliced
- ☐ 1 lb solid piece pork butt boneless halved (shoulder)
- ☐ 0.3 cup rice wine chinese
- ☐ 0.5 teaspoon salt
- ☐ 1 bunch scallions cut into matchsticks
- ☐ 0.8 cup seasoned rice vinegar
- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup vegetable oil

Equipment

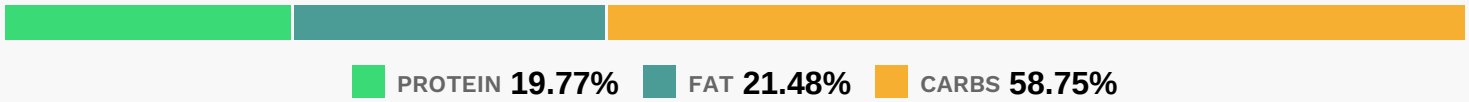
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board
- ☐ skimmer

Directions

- ☐ Cut pork along the grain into long 1 1/2- to 2-inch-wide strips.
- ☐ Remove and discard any sinew but do not trim fat.
- ☐ Transfer pork to a large sealable plastic bag. Stir together remaining pork ingredients in a small bowl until combined well.
- ☐ Add to pork and turn to coat, then squeeze bag to eliminate as much air as possible and seal. Marinate pork, chilled, at least 4 hours but no longer than 2
- ☐ Put oven rack in lower third of oven and preheat oven to 375°F. Put 1/2 inch water in a 13- by 9-inch roasting pan and place a metal rack across top of pan (rack should not touch water).
- ☐ Remove pork from marinade, reserving marinade, and arrange pork strips 1 inch apart on rack. Roast in oven 15 minutes.
- ☐ Meanwhile, bring marinade to a boil in a 1-quart saucepan, then boil 1 minute (marinade may look curdled).
- ☐ Remove from heat.
- ☐ Brush both sides of pork with some marinade and roast 10 minutes more. Generously brush both sides of pork with marinade again and roast, basting 2 or 3 times, 10 minutes more.
- ☐ Increase oven temperature to 400°F and roast pork until strips are mahogany-colored and caramelized on edges, 10 to 15 minutes more (pork should roast for a total of about 50 minutes).
- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 10 minutes.
- ☐ Blend together all dressing ingredients in a blender until smooth. Stir before using.
- ☐ Soak noodles in cold water to cover until pliable, about 15 minutes, then drain in a colander.
- ☐ Cut noodles in half with kitchen shears.
- ☐ Cook beans in a 5- to 6-quart pot of boiling salted water, uncovered, until crisp-tender, 4 to 5 minutes.
- ☐ Transfer with a skimmer or slotted spoon to a large bowl of ice and cold water to stop cooking, reserving cooking liquid in pot.
- ☐ Drain beans and pat dry.
- ☐ Return bean-cooking liquid to a boil, then cook noodles, uncovered, stirring occasionally, until just tender, about 2 minutes.

- ☐ Drain noodles in colander and rinse under cold water to stop cooking.
- ☐ Drain noodles again, then spread out on paper towels and pat dry.
- ☐ Cut as much pork as desired for salad across the grain into 1/4-inch-thick slices.
- ☐ Toss noodles with 1/4 cup dressing in a bowl. Toss long beans with 2 tablespoons dressing in another bowl.
- ☐ Arrange pork, noodles, beans, and remaining salad ingredients on a large platter.
- ☐ Drizzle with some of dressing and serve remaining dressing on the side.
- ☐ · You can substitute pork tenderloin for the pork butt.· Dressing can be made 1 day ahead. Bring to room temperature before using.· The intensity of the flavor fades when the pork is sliced, so cut it as needed. Unsliced pork keeps, wrapped in foil and chilled, up to 3 days, or frozen, tightly wrapped in plastic wrap and placed in a sealed plastic bag, up to 1 month.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:2.03, Inflammation Score:-9, Nutrition Score:14.248695643052%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 233.77kcal (11.69%), Fat: 5.37g (8.26%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 31.45g (11.44%), Sugar: 6.15g (6.83%), Cholesterol: 27.42mg (9.14%), Sodium: 596.52mg (25.94%), Alcohol: 0.97g (100%), Alcohol %: 0.53% (100%), Protein: 11.1g (22.23%), Vitamin A: 2842.45IU (56.85%), Vitamin C: 20.36mg (24.68%), Vitamin B1: 0.36mg (23.75%), Vitamin K: 24.17µg (23.01%), Selenium: 15.77µg (22.52%), Vitamin B6: 0.35mg (17.42%), Vitamin B2: 0.27mg (16.07%), Phosphorus: 150.59mg (15.06%), Vitamin B3: 2.89mg (14.45%), Manganese: 0.27mg (13.54%), Zinc: 1.97mg (13.12%), Potassium: 426.68mg (12.19%), Folate: 44.05µg (11.01%), Magnesium: 42.69mg (10.67%), Iron: 1.8mg (10.01%), Vitamin B5: 0.96mg (9.64%), Copper: 0.17mg (8.25%), Vitamin

B12: 0.41µg (6.88%), Fiber: 1.58g (6.31%), Calcium: 56.66mg (5.67%), Vitamin E: 0.72mg (4.81%), Vitamin D: 0.27µg (1.81%)