



Char Siu over Sesame Noodles

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pound pork shoulder boneless trimmed (Boston butt)
- ☐ 2 tablespoons chili paste depending on your taste pref with garlic (such as sambal oelek), divided
- ☐ 3 tablespoons sesame oil dark divided
- ☐ 3 tablespoons cilantro leaves fresh
- ☐ 5 garlic clove divided
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.5 cup soy sauce low-sodium divided
- ☐ 3 tablespoons mint leaves fresh
- ☐ 12 ounces rice uncooked () (rice-flour noodles)
- ☐ 3 tablespoons rice vinegar
- ☐ 1.5 tablespoons sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ ziploc bags

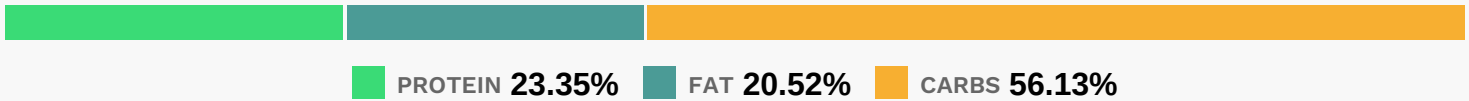
Directions

- ☐ Combine 1/4 cup soy sauce, honey, vinegar, 1 tablespoon oil, hoisin, 1 tablespoon chile paste, and 3 garlic cloves, stirring well with a whisk; place mixture in a heavy-duty zip-top plastic bag.
- ☐ Place pork in bag; seal. Marinate in refrigerator 8 hours or overnight, turning occasionally.
- ☐ Preheat oven to 45
- ☐ Remove pork from bag; reserve marinade.
- ☐ Place a roasting rack in a small roasting pan; fill pan with water to a depth of 1/2 inch.
- ☐ Place pork on rack. Roast pork at 450 for 15 minutes. Baste pork with some of reserved marinade. Turn pork over; baste. Reduce oven temperature to 40
- ☐ Cook pork an additional 40 minutes, basting every 10 minutes. Discard remaining marinade.
- ☐ Let pork stand 10 minutes; thinly slice.
- ☐ Prepare noodles according to package directions; drain.
- ☐ Combine remaining 1/4 cup soy sauce, remaining 2 tablespoons oil, remaining 1 tablespoon chile paste, remaining 2 garlic cloves, juice, and sugar in a large bowl, stirring well.
- ☐ Add noodles to bowl; toss to coat. Divide noodles evenly among each of 6 bowls.

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Combine cilantro and mint; sprinkle about 1 tablespoon herb mixture over each serving. Divide pork evenly among bowls.

Nutrition Facts



Properties

Glycemic Index:49.26, Glycemic Load:35.68, Inflammation Score:-4, Nutrition Score:18.526521724203%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 482.21kcal (24.11%), Fat: 10.9g (16.77%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 67.09g (22.36%), Net Carbohydrates: 65.7g (23.89%), Sugar: 16.9g (18.78%), Cholesterol: 56.86mg (18.95%), Sodium: 908.58mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.83%), Vitamin B3: 10.46mg (52.32%), Selenium: 33.74µg (48.2%), Vitamin B1: 0.67mg (44.83%), Vitamin B6: 0.86mg (43.14%), Manganese: 0.82mg (41.17%), Phosphorus: 329.72mg (32.97%), Vitamin B2: 0.55mg (32.39%), Zinc: 2.75mg (18.35%), Potassium: 567.94mg (16.23%), Vitamin B5: 1.62mg (16.21%), Magnesium: 59.17mg (14.79%), Vitamin B12: 0.82µg (13.7%), Copper: 0.25mg (12.27%), Iron: 1.92mg (10.69%), Vitamin C: 5.6mg (6.79%), Fiber: 1.39g (5.55%), Folate: 19.99µg (5%), Calcium: 45.14mg (4.51%), Vitamin A: 135.9IU (2.72%), Vitamin E: 0.38mg (2.54%), Vitamin K: 1.82µg (1.74%)