



Crispy Noodle Cake with Barbecued Pork

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

Ingredients

- ☐ 2 medium carrots cut into matchstick-size strips
- ☐ 1 tablespoon cornstarch
- ☐ 8 ounces egg noodles dried chinese
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 2 large spring onion minced cut into 1-inch pieces
- ☐ 2 cups mung bean sprouts
- ☐ 1 tablespoon sesame oil
- ☐ 4 tablespoons vegetable oil; peanut oil preferred divided

- ☐ 6 ounces fatty pork chinese cut into matchstick-size strips
- ☐ 4 ounces snow peas
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water cold

Equipment

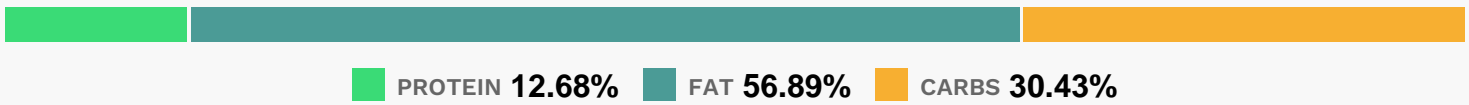
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ sieve
- ☐ wok
- ☐ colander
- ☐ skimmer

Directions

- ☐ Stir cornstarch and 1 tablespoon cold water in small bowl to blend.
- ☐ Mix in soy sauce, sugar, and sesame oil.
- ☐ Blanch bean sprouts in large pot of boiling salted water 10 seconds. Using large slotted skimmer or sieve, transfer sprouts to colander. Rinse under cold water to cool quickly.
- ☐ Add noodles to same pot of boiling water and cook until just tender but still firm to bite, about 5 minutes.
- ☐ Drain well; rinse with cold water and drain again, tossing to release as much water as possible.
- ☐ Heat 1 tablespoon peanut oil in heavy large wok or skillet over medium-high heat.
- ☐ Add ginger, garlic, and minced green onions. Sauté 1 minute.
- ☐ Add carrots, snow peas, and pork. Stir-fry until carrots are just crisp-tender, about 2 minutes.
- ☐ Mix in bean sprouts, noodles, and green onion tops. Stir-fry 1 minute. Stir cornstarch mixture to reblend and add to wok. Cook until sauce thickens, stirring often, about 2 minutes. Season with salt and pepper.

- ☐ Transfer noodle mixture to large bowl and cool. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Heat 2 tablespoons peanut oil in heavy large nonstick skillet over medium heat.
- ☐ Add noodle mixture. Cook until bottom of noodle cake is brown and crusty, occasionally pressing to compact and shaking pan to prevent sticking, about 5 minutes. Turn cake out onto rimless baking sheet, browned side up.
- ☐ Add remaining 1 tablespoon oil to skillet and heat. Slide noodle cake back into skillet, browned side up. Cook until bottom is brown and crusty, about 6 minutes. Slide noodle cake out onto platter.
- ☐ Cut into wedges and serve.
- ☐ *Thin, spaghetti-like noodles, available at Asian markets and in the Asian foods section of many supermarkets.
- ☐ Chinese barbecued pork is often available at the Chinese take-out section of some supermarkets. It is also sold by the pound at Chinese restaurants.

Nutrition Facts



Properties

Glycemic Index:26.12, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:9.7013041662133%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 218.27kcal (10.91%), Fat: 13.97g (21.5%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 14.73g (5.36%), Sugar: 4.4g (4.89%), Cholesterol: 15.31mg (5.1%), Sodium: 325.67mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Vitamin A: 2771.07IU (55.42%), Vitamin K: 27.38µg (26.07%), Vitamin C: 14.48mg (17.55%), Vitamin B1: 0.22mg (14.46%), Vitamin E: 1.35mg (8.97%), Iron: 1.56mg (8.68%), Vitamin B6: 0.17mg (8.65%), Fiber: 2.09g (8.36%), Selenium: 5.73µg (8.19%), Vitamin B3: 1.58mg (7.91%), Manganese: 0.16mg (7.85%), Folate: 30.8µg (7.7%), Phosphorus: 74.13mg (7.41%), Vitamin B2: 0.12mg (6.82%), Potassium: 214.03mg (6.12%), Zinc: 0.71mg (4.73%), Magnesium: 18.77mg (4.69%), Copper: 0.09mg (4.43%), Vitamin B5: 0.42mg (4.18%), Vitamin B12: 0.15µg (2.48%), Calcium: 24.61mg (2.46%)