



Dan-Dan Noodles

 Dairy Free

READY IN



36 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 medium head bok choy sliced
- ☐ 2 teaspoons chili oil chinese plus more for serving
- ☐ 2 half-sour dill pickles
- ☐ 9 ounces extra wide egg noodles dried chinese
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 8 ounces ground pork

- ☐ 8 servings kosher salt
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 4 scallions finely chopped
- ☐ 4 tablespoons sesame oil plus more for serving toasted
- ☐ 0.5 cup sesame seed toasted
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons vegetable oil

Equipment

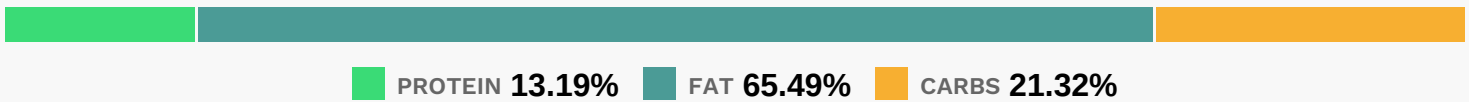
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ stove

Directions

- ☐ Bring a pot of water to a boil. Pulse the sesame seeds in a mini food processor with 2 tablespoons sesame oil, 1 tablespoon sugar and 1/4 teaspoon salt until powdery; set aside.
- ☐ Prepare the stir-fry: Quarter, seed and finely dice the pickles and put in a bowl. In another bowl, mix the garlic, ginger, scallions, 1/2 teaspoon salt and the remaining 1/2 teaspoon sugar.
- ☐ Mix 1 tablespoon soy sauce and the broth in a third bowl.
- ☐ Mix the pork with 1 tablespoon soy sauce and 1/2 teaspoon salt in another bowl.
- ☐ Place the four bowls by the stove.
- ☐ Place a large skillet over high heat.
- ☐ Add 2 tablespoons vegetable oil, then the pork, breaking it up with a wooden spoon, until cooked but not dry, 4 minutes.

- ☐ Transfer the meat to a bowl and toss with the remaining 1 tablespoon soy sauce.
- ☐ Add the remaining 1 tablespoon vegetable oil to the skillet; stir-fry the pickles for 1 minute.
- ☐ Add the garlic mixture and fry 30 seconds.
- ☐ Add the broth and boil until reduced by half, 4 minutes. Divide the broth among bowls and drizzle with the chili oil and vinegar.
- ☐ Meanwhile, add the noodles and bok choy to the boiling water and cook until just tender, 2 minutes.
- ☐ Drain and toss with the remaining 2 tablespoons sesame oil. Season with salt, then divide among the bowls. Top with pork and sprinkle with sesame powder.
- ☐ Serve with more sesame and chili oil.
- ☐ Photograph by Sang An

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:21.926087016645%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 333.9kcal (16.7%), Fat: 24.93g (38.36%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 15.07g (5.48%), Sugar: 3.8g (4.22%), Cholesterol: 20.41mg (6.8%), Sodium: 854.04mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Vitamin A: 4783.82IU (95.68%), Vitamin K: 73.87µg (70.35%), Vitamin C: 49.08mg (59.49%), Manganese: 0.46mg (23.09%), Copper: 0.46mg (22.91%), Vitamin B1: 0.34mg (22.64%), Calcium: 222.85mg (22.28%), Folate: 86.27µg (21.57%), Vitamin B6: 0.42mg (20.94%), Iron: 3.49mg (19.36%), Phosphorus: 173.2mg (17.32%), Magnesium: 64.27mg (16.07%), Selenium: 10.88µg (15.55%), Vitamin B3: 3.01mg (15.04%), Potassium: 477.24mg (13.64%), Fiber: 3.19g (12.77%), Vitamin B2: 0.2mg (11.74%), Zinc: 1.67mg (11.11%), Vitamin E: 0.83mg (5.55%), Vitamin B12: 0.24µg (3.92%), Vitamin B5: 0.33mg (3.28%)