



Gardein "Chicken" Scaloppini with Shiitake Sake Sauce, Pea Shoots, and Udon Noodle Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup chicken stock see
- ☐ 4 duck breast meat – skin left on
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 garlic clove minced
- ☐ 4 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 cups pea shoots packed
- ☐ 1 cup rice wine dry
- ☐ 1 pinch sea salt
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon sesame oil
- ☐ 1 pound mushroom caps stemmed cut into 1/4-inch slices
- ☐ 28 ounce udon noodles (see note)
- ☐ 0.5 cup flour all-purpose

Equipment

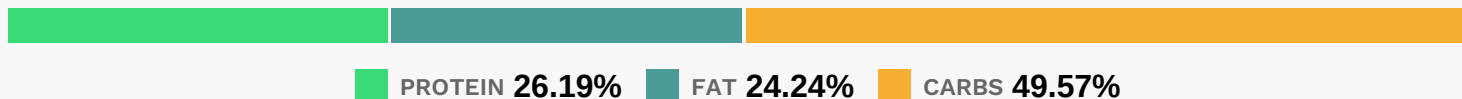
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Make the udon noodle cakes: Preheat the oven to 200°F.
- ☐ Remove the plastic from the noodles, keeping the noodles tightly packed. Using a 3-inch round cutter or ring mold, cut one round of noodles from each pack.
- ☐ Place a large sauté pan over high heat.
- ☐ Sprinkle the bottom with a pinch of salt and heat for 1 minute.
- ☐ Add the oil and heat for 30 seconds, being careful not to let it smoke. This will create a nonstick effect.
- ☐ Add the noodle cakes and fry until browned and crisp on both sides, seasoning with salt and pepper as they cook, about 3 minutes per side.
- ☐ Remove to a paper-towel-lined baking sheet and put in the oven to keep warm.
- ☐ Make the chicken: Flatten the Gardein breasts with your hand to 1/2 inch thick, then cut each into 3 pieces. Season with salt and pepper, then dredge in the flour.
- ☐ Wipe out the pan you used for the noodle cakes and add 2 tablespoons of the oil.

- ☐ Heat over medium heat, then add the Gardein pieces and cook until browned, about 3 minutes on each side.
- ☐ Remove to a plate and set aside.
- ☐ Add the remaining 2 tablespoons oil, heat over medium heat, then add the mushrooms and cook for 3 to 4 minutes, stirring often, until softened. Deglaze the pan with the sake and cook until reduced by half, 2 to 3 minutes.
- ☐ Add the stock and cook for 2 more minutes.
- ☐ Remove from the heat and whisk in the Earth Balance 1 tablespoon at a time, whisking constantly so that the sauce doesn't separate. Stir in the chives. Return the Gardein to the pan and toss to coat it with the sauce. Cover to keep warm while you make the pea shoots.
- ☐ Place a medium sauté pan over medium heat.
- ☐ Sprinkle the bottom with a pinch of salt and heat for 1 minute.
- ☐ Add the oil and heat for 30 seconds, being careful not to let it smoke.
- ☐ Add the garlic and sauté for 30 seconds.
- ☐ Add the stock and pea shoots and sauté for 3 to 5 minutes, until wilted.
- ☐ Drain the excess liquid.
- ☐ Place a noodle cake in the center of each plate. Top each cake with a spoonful of pea shoots, then top the pea shoots with 3 pieces of the Gardein. Spoon a little of the sake and mushroom sauce over the Gardein and drizzle it around the plate.
- ☐ Garnish with microgreens and serve immediately.
- ☐ Cooked (not dried) udon noodles are available in plastic packages in the refrigerated section of Asian grocery stores. Some are sold in bags of 3 individual servings with an envelope of seasonings, which won't be used in this recipe.
- ☐ From *The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You Eat* by Tal Ronnen. © 2009 by Tal Ronnen and Melcher Media. Photographs by Linda Long. Published by William Morrow, an imprint of HarperCollins Publishers.

Nutrition Facts



Properties

Glycemic Index:75.83, Glycemic Load:80.67, Inflammation Score:-8, Nutrition Score:42.860434915708%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1328.21kcal (66.41%), Fat: 34.37g (52.88%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 158.13g (52.71%), Net Carbohydrates: 143.62g (52.23%), Sugar: 21.54g (23.93%), Cholesterol: 174.92mg (58.31%), Sodium: 2598.74mg (112.99%), Alcohol: 9.66g (100%), Alcohol %: 1.57% (100%), Protein: 83.53g (167.07%), Vitamin B12: 29.38µg (489.67%), Vitamin C: 96.6mg (117.09%), Vitamin B6: 1.73mg (86.68%), Selenium: 58.69µg (83.84%), Vitamin B1: 1.06mg (70.53%), Vitamin B3: 13.49mg (67.47%), Fiber: 16.64g (66.55%), Iron: 11.62mg (64.55%), Vitamin B2: 1.03mg (60.57%), Phosphorus: 578.99mg (57.9%), Copper: 0.89mg (44.57%), Vitamin B5: 3.59mg (35.92%), Potassium: 1024.66mg (29.28%), Manganese: 0.42mg (21.04%), Magnesium: 81.67mg (20.42%), Zinc: 2.94mg (19.58%), Folate: 59.26µg (14.82%), Vitamin E: 2.09mg (13.92%), Vitamin A: 636.01IU (12.72%), Vitamin K: 10.96µg (10.44%), Vitamin D: 0.45µg (3.02%), Calcium: 19.73mg (1.97%)