



Korean Clear Noodles with Mixed Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces vermicelli dried (saifun)
- 6 ounces flank steak (see notes)
- 1 cup carrots shredded
- 1 oz shiitake mushrooms dried
- 1 clove garlic minced pressed peeled
- 1 cup green beans thick diagonally sliced ()
- 2 tablespoons spring onion whole sliced
- 0.3 teaspoon pepper

- 6 servings salt
- 4 tablespoons sesame oil
- 1 tablespoon sesame seed toasted
- 5 tablespoons soya sauce
- 1 tablespoon sugar
- 8 oz onion yellow peeled sliced into 1/4-inch-thick slivers

Equipment

- bowl
- frying pan
- kitchen scissors

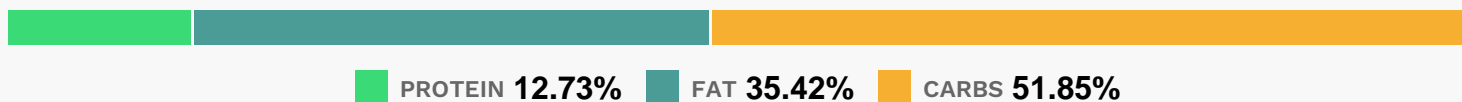
Directions

- In a 3- to 4-quart covered pan over high heat, bring 2 quarts water to a boil. Immerse bean threads in water and stir to separate; cover and remove from heat.
- Let stand until noodles are soft, 3 to 5 minutes.
- Drain well. With scissors, cut into 6-inch lengths.
- Rinse mushrooms and place in a small bowl with enough hot water to cover; let stand until soft, about 15 minutes. Lift mushrooms from soaking liquid (reserve liquid for another use or discard) and squeeze dry.
- Cut stems off mushrooms and discard.
- Cut mushroom caps into 1/4-inch-wide strips.
- Rinse beef and pat dry. Chop beef into 1/4-inch pieces. In a bowl, mix meat with 1 teaspoon sesame oil, 2 tablespoons soy sauce, sliced green onions, 1 teaspoon sugar, and the garlic. Cover and chill at least 30 minutes or up to 2 hours.
- Meanwhile, trim root ends from green onions; cut into 2-inch lengths, including green tops.
- In a 12-inch nonstick frying pan or a 5- to 6-quart nonstick pan over medium-high heat, stir 2 teaspoons sesame oil and the yellow onion until slightly softened but not limp, about 2 minutes.
- Pour into a large bowl. Return pan to medium-high heat, and add 1 more teaspoon sesame oil, the carrots, and the green onion lengths. Stir until green onions are slightly wilted, about 1

minute; add to bowl. Return pan to medium-high heat and add 2 more teaspoons sesame oil, the mushrooms, and the green beans; stir until mushrooms are lightly browned, about 2 minutes.

- Add to bowl.
- Return pan to medium-high heat; add 1 tablespoon sesame oil and the beef mixture. Stir until lightly browned, 2 to 3 minutes; add to bowl. Return pan to heat and add drained noodles, 3 tablespoons soy sauce, 1 tablespoon sesame oil, 2 teaspoons sugar, and 1/4 teaspoon pepper; stir until noodles are hot, 1 to 2 minutes.
- Pour into bowl with vegetable-beef mixture.
- Mix well, adding salt and pepper to taste.
- Pour into a bowl; sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:55.65, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:13.79826082354%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 290.32kcal (14.52%), Fat: 11.64g (17.9%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 35.54g (12.93%), Sugar: 5.62g (6.25%), Cholesterol: 17.01mg (5.67%), Sodium: 1068.08mg (46.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Vitamin A: 3711.76IU (74.24%), Copper: 0.4mg (20.2%), Selenium: 13.78µg (19.68%), Vitamin B6: 0.38mg (19.01%), Vitamin B3: 3.54mg (17.72%), Manganese: 0.34mg (16.82%), Vitamin K: 16.75µg (15.95%), Vitamin B5: 1.45mg (14.49%), Phosphorus: 135.15mg (13.51%), Zinc: 1.91mg (12.71%), Iron: 2.07mg (11.47%), Fiber: 2.78g (11.12%), Potassium: 380.88mg (10.88%), Vitamin B1: 0.15mg (9.68%), Vitamin B2: 0.16mg (9.59%), Magnesium: 35.6mg (8.9%), Folate: 34.54µg (8.64%), Vitamin C: 6.99mg (8.47%), Calcium: 54.93mg (5.49%), Vitamin B12: 0.26µg (4.3%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.18µg (1.23%)