



Lamb with buckwheat noodles & tomato dressing

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 cherry tomatoes quartered
- ☐ 1 tsp fish sauce
- ☐ 1 juice of lime
- ☐ 1 tbsp chilli sauce sweet
- ☐ 100 g soup noodles
- ☐ 2 tsp canola oil
- ☐ 1 onion red halved sliced

- ☐ 1 carrots cut into matchsticks
- ☐ 1 bell pepper red deseeded sliced
- ☐ 100 g cabbage shredded white
- ☐ 200 g lamb loin fillet diced lean
- ☐ 4 tbsp mint leaves fresh chopped

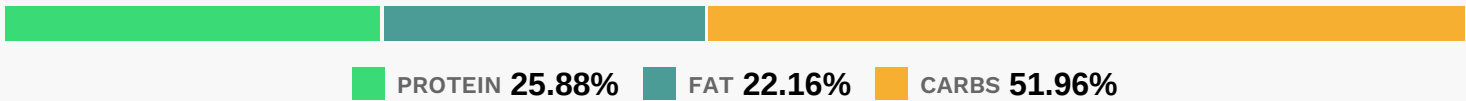
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Lightly squash the tomatoes with the fish sauce, lime juice and zest, and the chilli sauce. Cook the noodles following pack instructions.
- ☐ Meanwhile, heat the oil in a wok and stir-fry the onion, carrot and pepper for 5 mins or until softening.
- ☐ Add the cabbage and cook for a few mins more.
- ☐ Remove the vegetables from the pan, add the lamb and cook for 5–8 mins so that it is still tender and juicy. Take the pan off the heat, toss in the noodles, vegetables, tomato dressing and mint, and serve.

Nutrition Facts



Properties

Glycemic Index:95.92, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:34.860869614974%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.3mg,

Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 473.67kcal (23.68%), Fat: 11.76g (18.09%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 62.02g (20.67%), Net Carbohydrates: 55.05g (20.02%), Sugar: 16.18g (17.97%), Cholesterol: 66mg (22%), Sodium: 438.64mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Vitamin C: 129.12mg (156.51%), Vitamin A: 7650.95IU (153.02%), Selenium: 56.51µg (80.73%), Vitamin K: 51.37µg (48.92%), Vitamin B3: 9.11mg (45.55%), Manganese: 0.9mg (44.91%), Phosphorus: 372.8mg (37.28%), Vitamin B12: 2.22µg (37.07%), Vitamin B6: 0.69mg (34.33%), Zinc: 4.5mg (29.98%), Potassium: 1042.7mg (29.79%), Folate: 118.05µg (29.51%), Fiber: 6.97g (27.88%), Magnesium: 93.99mg (23.5%), Vitamin B2: 0.4mg (23.41%), Iron: 4.15mg (23.06%), Vitamin B1: 0.33mg (21.77%), Copper: 0.42mg (20.99%), Vitamin E: 2.86mg (19.09%), Vitamin B5: 1.49mg (14.85%), Calcium: 91.77mg (9.18%)