



## Peanut Noodle Salad with Cucumber and Roast Pork

 Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



189 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup basil leaves
- 0.5 teaspoon pepper black freshly ground
- 25 servings cayenne pepper
- 0.3 cup cider vinegar
- 0.5 cup cucumber peeled halved seeded thinly sliced
- 1 jar chives dried chopped (0.2-ounce jar)
- 1 tablespoon honey

- 10 ounces pasta dried
- 2 cups pea shoots
- 1 pork tenderloin
- 25 servings salt
- 0.5 cup smooth natural peanut butter (without sugar)
- 3 tablespoons vegetable oil
- 2 tablespoons worcestershire sauce

## Equipment

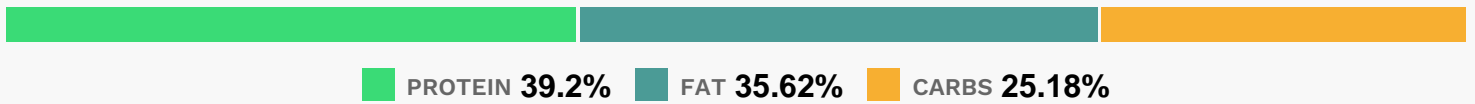
- food processor
- bowl
- frying pan
- paper towels
- oven
- whisk
- pot

## Directions

- In a mini food processor, combine the dried chives, black pepper, a pinch of cayenne pepper and 1 tablespoon of the oil. Process to a moist powder. Season the pork with salt and spread the chive mixture all over the pork. Cover and refrigerate for 1 hour.
- Preheat the oven to 35
- In a small bowl, whisk the peanut butter with the vinegar, Worcestershire sauce, honey and a pinch of cayenne. Season with salt.
- In an ovenproof nonstick skillet, heat the remaining 2 tablespoons of oil.
- Add the pork and cook over moderately high heat for 2 minutes. Reduce the heat to moderate and cook until browned, 2 minutes longer. Turn the pork and cook for 2 minutes more.
- Transfer the skillet to the oven and roast the tenderloin for about 15 minutes for medium meat, turning halfway through.

- Transfer the pork to a board and let rest for 10 minutes.
- Meanwhile, in a pot of boiling salted water, cook the linguine until al dente.
- Drain, reserving 3 tablespoons of the cooking water. Rinse the noodles under cold water until cool; toss to remove the excess water and pat dry with paper towels.
- Transfer the noodles to a bowl.
- Stir the pasta cooking water into the peanut dressing and pour the sauce over the noodles. Toss well. Stir in the cucumber, basil and half of the pea shoots.
- Transfer the noodles to bowls and garnish with the remaining pea shoots. Slice the pork 1/3 inch thick and serve with the noodle salad.

## Nutrition Facts



## Properties

Glycemic Index:11.89, Glycemic Load:4.1, Inflammation Score:-7, Nutrition Score:14.318695695504%

## Nutrients (% of daily need)

Calories: 188.9kcal (9.44%), Fat: 7.47g (11.49%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.96g (2.18%), Cholesterol: 47.16mg (15.72%), Sodium: 276.66mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Vitamin B1: 0.74mg (49.25%), Selenium: 29.57µg (42.24%), Vitamin B6: 0.65mg (32.32%), Vitamin B3: 5.87mg (29.34%), Phosphorus: 223.24mg (22.32%), Vitamin A: 966.53IU (19.33%), Vitamin C: 15.2mg (18.43%), Vitamin B2: 0.28mg (16.67%), Manganese: 0.25mg (12.5%), Zinc: 1.71mg (11.43%), Potassium: 399.68mg (11.42%), Magnesium: 38.63mg (9.66%), Vitamin E: 1.38mg (9.19%), Vitamin B5: 0.72mg (7.2%), Iron: 1.21mg (6.73%), Copper: 0.13mg (6.72%), Vitamin K: 6.9µg (6.57%), Fiber: 1.58g (6.33%), Vitamin B12: 0.38µg (6.29%), Folate: 9.47µg (2.37%), Calcium: 15.74mg (1.57%), Vitamin D: 0.22µg (1.45%)