



Penang Fried Rice Noodles

 Dairy Free  Popular

READY IN



40 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon garlic chile paste chinese (sambal oelek)
- 2 large eggs with a pinch of salt lightly beaten
- 2 large garlic cloves finely chopped
- 0.5 pound jicama peeled cut into 1/4-inch-thick matchsticks
- 4 servings lime wedges for serving
- 0.5 pound rice stick noodles dried ()
- 1 bunch scallions (greens only)
- 0.5 pound shrimp deveined peeled

- 2.5 tablespoons soya sauce
- 3 ounces chorizo spanish halved lengthwise thinly sliced (see Cooks' Notes)
- 1.5 tablespoons vegetable oil divided
- 1 tablespoon water

Equipment

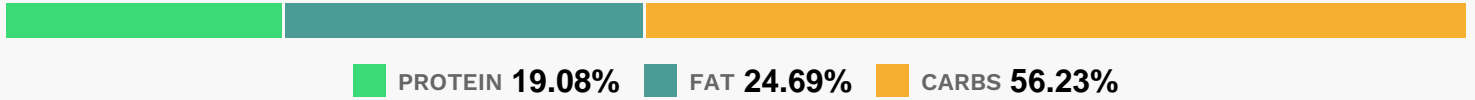
- frying pan
- pot
- wok
- colander

Directions

- Soak noodles in cold water to cover 30 minutes, then drain. Cook noodles in a large (5- to 6-quart) pot of boiling salted water 4 minutes.
- Drain noodles in a colander, then rinse thoroughly and drain well.
- Stir together soy sauce and water, then reserve.
- Heat 1 1/2 teaspoons oil in wok or skillet over medium-high heat until shimmering, then add eggs and stir-fry until just cooked through, about 30 seconds.
- Transfer to a plate and wipe out pan, if necessary.
- Heat remaining 1 tablespoon oil in pan until shimmering and stir-fry shrimp and chile paste 30 seconds (shrimp will not be cooked through).
- Add chorizo and garlic and stir-fry until shrimp are just cooked through, 30 seconds to 1 minute.
- Add soy mixture, cooked noodles, jicama, and scallions, and stir-fry until noodles are heated through and scallion greens are wilted, about 1 minute.
- Remove pan from heat and stir in eggs.
- Serve immediately.
- In the 30 minutes it takes to soak the noodles, all other prep work can be done, including bringing the water to a boil to cook the noodles. •The chile paste is quite strong when it hits the pan, and will likely cause you to cough, so if you have a vent fan, turn it on high. •Some people prefer their chorizo with casing removed, but in Asia, they wouldn't remove the casing

on Chinese sausage, so it's your choice whether you want to remove it or not.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:27.52, Inflammation Score:-3, Nutrition Score:8.7539130241975%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 397.32kcal (19.87%), Fat: 10.74g (16.52%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 55.01g (18.34%), Net Carbohydrates: 51g (18.55%), Sugar: 1.74g (1.94%), Cholesterol: 104.57mg (34.86%), Sodium: 997.58mg (43.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.33%), Phosphorus: 239.69mg (23.97%), Manganese: 0.43mg (21.32%), Vitamin K: 22.05µg (21%), Vitamin C: 13.98mg (16.95%), Copper: 0.32mg (16.22%), Fiber: 4.01g (16.04%), Selenium: 9.35µg (13.35%), Iron: 1.87mg (10.36%), Magnesium: 40.11mg (10.03%), Zinc: 1.37mg (9.12%), Potassium: 314.03mg (8.97%), Calcium: 63.94mg (6.39%), Vitamin E: 0.72mg (4.83%), Vitamin B6: 0.08mg (4.2%), Vitamin B3: 0.79mg (3.96%), Folate: 14.89µg (3.72%), Vitamin A: 156.26IU (3.13%), Vitamin B2: 0.05mg (3.1%), Vitamin B1: 0.05mg (3.05%), Vitamin B5: 0.16mg (1.63%)