



### PORK AND PEANUT DRAGON NOODLES

Sweet, salty, rich, and crunchy, these Pork and Peanut Dragon Noodles hit all the bases. It's fast, easy comfort food for busy nights!

 10 minutes 25 minutes 3 portions

## INGREDIENTS

- 2 sweet potato, (260 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 1 tsp of spices, cinnamon, ground (3 g)
- 1/2 tsp of spices, pepper, red or cayenne (1 g)
- 1 tsp of spices, paprika (2 g)
- 1 unpacked tsp of sugars, brown (3 g)
- 1/4 tsp of spices, garlic powder (1 g)
- 2 chicken breast, skinless, boneless,
- 500 grams of beans, snap, green, raw
- 4 tbsps of soy sauce made from soy (tamari) (72 g)
- 1/4 unpacked cup of sugars, brown (36 g)
- 1/2 tsp of spices, garlic powder (2 g)
- 1/2 tsp of spices, chili powder (1 g)
- 220 grams of pork, fresh, ground, cooked
- 170g noodles, ramen dry
- 3 stalks of onions, young green, tops only (36 g)
- 1/4 cup of peanuts, all types, raw (37 g)

## COOKING METHOD

- 1° Preheat the oven to 200 degree celsius. Wash the sweet potatoes, pat them dry, and prick their skins a few times with a fork. Slice the sweet potatoes in half lengthwise, then place them on a baking sheet. Drizzle the cooking oil over the potatoes, then use your hands to smear the oil over their entire surface (skin and cut sides), leaving a liberal amount of oil on the baking sheet under the potatoes to keep them from sticking.
- 2° Place the sweet potatoes with the cut side up, then sprinkle with cinnamon, a pinch of cayenne pepper, and a pinch of salt. Flip the sweet potatoes over so they are cut side down, then roast for 45-50 minutes, or until they are soft all the way through and the juices are caramelized and bubbling out of the holes in the skin.
- 3° While the sweet potatoes are roasting, prepare the chicken and green beans. Combine the spices for the chicken in a small bowl (smoked paprika, brown sugar, garlic powder, cayenne, salt, and freshly ground pepper-about 20 cranks of a pepper mill).
- 4° Pat the chicken dry, then sprinkle the spice rub over both sides. Heat a large skillet over medium, then add the cooking oil and swirl to coat the surface. Add the chicken and cook until they are deeply browned on each side and the internal temp has reached 80 degree Celsius. Remove the chicken to a cutting board and let it rest.
- 5° While the chicken is cooking, prepare the green beans. Add about one inch water to a sauce pot and place a steaming basket in the pot. Add the green beans to the basket, place a lid on top, and place them over medium-high heat. Allow the water to come up to a boil and steam the green beans for 7-10 minutes, or until they are bright green and only slightly softened.
- 6° Remove the green beans from the pot, pour out the water, and place the beans back in the pot without the steaming basket. Add 1 Tbsp butter and allow the residual heat from the beans to melt the butter. Stir to coat, then season with a pinch of salt and pepper.
- 7° Slice the chicken breasts into strips. Divide the sweet potato halves, green beans, and chicken between four containers or plates. Serve immediately or refrigerate and reheat later.
- 8° Combine the chili, garlic, soy sauce, and brown sugar in a bowl.
- 9° Add the pork to a skillet and cook over medium heat until it is fully browned\*. Once browned, add the prepared dragon sauce and chopped peanuts. Allow the pork and peanuts to simmer in the sauce for another 5 minutes, or until the sauce has reduced by half.
- 10° While the pork is browning, begin boiling water for your noodles. Once boiling, add your noodles and cook according to the package directions. Drain the noodles in a colander.
- 11° Once the sauce has reduced and the noodles have drained, add the noodles to the skillet and toss until everything is combined and coated in sauce. Top with sliced green onions and serve!
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## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (786 g)	% DRI
ENERGY	143 kcal	1121 kcal	56 %
FAT	5 g	36 g	55 %
FATTY ACIDS, TOTAL SATURATED	1 g	9 g	46 %
CHOLESTEROL	40 mg	312 mg	104 %
SODIUM	264 mg	2075 mg	86 %
CARBOHYDRATE	12 g	90 g	30 %
SUGARS	3 g	23 g	—
FIBER	1 g	10 g	38 %
PROTEIN	14 g	113 g	—