

# Dan Dan Noodles

This one is a take on the classic of the street vendors and you would see it in some of the food trucks that go around but this one is a bit different. Prep time is around 10 minutes and cooking time is approx 25 so just over half an hour and it will feed you and three others.

## Ingredients

- 260 grams udon noodles (organic)
- 4 heads of bobby bok choy
- (Meat lovers) 300grms 5star mince
- The sauce
  - 1/4 cup of tahini
  - 3 tablespoons rice wine vinegar
  - 1/4 teaspoon Chinese 5 spice powder
  - 1 1/2 table spoons tamari
  - 1 teaspoon agave
  - 1 garlic clove (minced)
- 1 tablespoon grapeseed or canola oil
- 1 table spoon minced ginger
- Squeeze of sriracha
- 1 Shallot, diced
- 1/2 cup veg stock (low sodium)
- 200grm tempeh
- To top the dish, grab some spring onions, sliced cucumber or sesame seeds

## Method

- Cook the noodles first, yes first. Cook them as per instructions and in the last minute of the cook, throw in the bok chop. Drain and run under cold water so that the bok choy stays a vibrant green.
- Making the sauce. Mix together the tahini, stock, 2 table spoons of vinegar, 1 table spoon of tamari, agave and sriracha all in a small bowl until it all looks smooth and mixed up. Once is it smooth, stir in the garlic and 1/2 5 spice powder. Set aside.
- In a fry pan, pour in the oil and warm it up over medium heat, not roasting hot. Crumble the tempeh in to small pieces and toss around until they are golden brown.\*\*. Add the shallots and ginger and cook for a minute longer or until the shallots soften. Add remaining 5 spice powder, vinegar and tamari and cook for another minute. Remove from the heat.
- Putting it all together. Pour one quarter of the sauce in the bottom of each bowl, add some noodles and bok chow. Drizzle a little more sauce, then top with tempeh and then the toppings you choose to put on top of the noodles. Serve up and see their taste buds dance with this one.

\*\*For the meat lovers. Instead of using tempeh, use the mince but you must make sure it is 5 star mince and not your run of the mill, crap mince which is full of fat

