



Spicy Noodles with Pork

Serves One

Prep: 15 Minutes | Cook: 10 Minutes

From "Serves One" by Toni Lydecker, Lake Isle Press, 2005

INGREDIENTS

- 2 ounces dried rice noodles or cellophane noodles (see Note)
- 1 tablespoon black bean and garlic sauce (see Note)
- 2 teaspoons soy sauce
- 3 ounces thin-cut pork chop (or chicken breast or sirloin steak)
- ½ medium carrot
- ½ celery rib
- 1 scallion
- 2 teaspoons peanut or other vegetable oil, divided
- 2 teaspoons finely chopped or grated ginger root
- Crushed red pepper, to taste



Dara O'Brien

PREPARATION

1. Place the noodles in a bowl. Cover with boiling water and let stand until they soften, about 10 minutes; drain. Combine the black bean sauce with the soy sauce and ⅓ cup water in a small bowl; set aside.
2. Cut the pork into thin ¼ inch strips. Cut several lengthwise slices of carrot with a potato peeler; stack the slices and cut lengthwise into very thin strips about 3 inches long (julienne). Slice the celery and scallions in the same way. Set aside.
3. In a saucepan, bring 1 quart water to a boil. Add the drained noodles and, after the water returns to a boil, cook for about 5 seconds until soft; drain
4. Meanwhile, heat 1 teaspoon of the oil over medium-high heat in a skillet or small wok. Stir-fry the ginger for a few seconds, add the pork, and continue to stir-fry until the pork is no longer pink. Transfer the pork to a bowl.
5. Add the remaining 1 teaspoon oil. Stir-fry the carrot, celery and scallion for a couple of minutes until crisp-tender. Return the pork to the skillet. Stir in the bean-sauce mixture and the hot noodles. Season with crushed red pepper.

Cook's Notes

- For the cellophane noodles, you can substitute the precooked Asian wheat noodles sold in some produce departments. Add the noodles to the stir-fried mixture and cook, stirring, until hot.
- Black bean and garlic sauce is readily available on the Asian shelves of your supermarket. Look for the Lee Kum Kee brand.
- Rather than wielding a knife yourself, use the shredded vegetables available in many produce departments

SERVES ONE

By Toni Lydecker

"Taking time for a homemade meal is a way of pampering yourself." —Toni Lydecker

Recipes for one that nourish the soul as well as the body that mostly call for only 10 minutes of active prep time. Many featured recipes are all-in-one meals requiring minimal cleanup—main-course salads, simple stir-fries, fresh takes on pizza and pasta, savory soups, and inventive sandwiches.

Find out more: <https://www.lakeislepress.com/books/serve-one>

Buy the book: <https://tinyurl.com/nu4faeps>

