

# MARLEY SPOON



## Meat-Free Dan Dan Noodles

with Spinach



30-40min



2 Servings

Incorporating plant-based meals into your weekly routine doesn't have to be complicated. We make it easy with quick-to-prepare meat-free meals brimming with flavor. We channel the flavors of dan dan noodles, a spicy Sichuan-style dish. Usually, the noodles are tossed with ground pork. Here we opt for our protein-packed plant-based ground seasoned with spicy crushed red pepper, garlic and coated in creamy tahini-tamari sauce.

## What we send

- 5 oz ramen noodles <sup>1</sup>
- 1 oz salted peanuts <sup>2</sup>
- 2 scallions
- 1 oz tahini <sup>3</sup>
- 2 oz tamari soy sauce <sup>4</sup>
- 1 pkt crushed red pepper
- ½ lb pkg plant-based ground <sup>4,5,1</sup>
- 3 oz baby spinach

## What you need

- garlic
- kosher salt & ground pepper
- sugar
- white wine vinegar (or red wine vinegar)
- neutral oil

## Tools

- large saucepan
- medium nonstick skillet

## Allergens

Wheat (1), Peanuts (2), Sesame (3), Soy (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1010kcal, Fat 54g, Carbs 92g, Protein 37g



### 1. Cook noodles

Bring a large saucepan of **salted water** to a boil. Add **noodles** and cook, stirring frequently to prevent from sticking, until al dente, 3-4 minutes. Drain, rinse under cold water, and set aside until step 6.



### 2. Prep ingredients

Coarsely chop **peanuts**.

Trim **scallions**, then thinly slice, keeping dark greens separate.

Finely chop **1 teaspoon garlic**.



### 3. Prep tahini-tamari sauce

In a liquid measuring cup, whisk to combine **all of the tahini and tamari** with **¼ cup hot tap water** and **2 tablespoons each of sugar and vinegar** (tahini might not dissolve completely, it's OK!). Season to taste with **salt** and **pepper**.



### 4. Sauté aromatics

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **garlic, sliced scallion whites and greens, and crushed red pepper**; cook, stirring, until fragrant, about 1 minute.

Transfer aromatics and any remaining oil to cup with **tahini-tamari sauce** and stir to combine; set aside until step 6.



### 5. Brown plant-based ground

Heat **1 tablespoon oil** in same skillet over medium-high. Add **plant-based ground** and cook, breaking up large pieces and stirring occasionally, until browned in spots, 4-5 minutes.



### 6. Finish & serve

Stir **tahini-tamari sauce** into skillet with **plant-based ground**. Cook until tahini is melted, 1 minute. Add **spinach and noodles**; cook, tossing, until spinach is wilted and noodles are coated in sauce, 1-2 minutes. Season with **salt** and **pepper**.

Serve **noodles, spinach, and plant-based ground** in bowls. Top with **sliced scallion dark greens** and **peanuts**. Enjoy!