



## Plant-Based: 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

- 6 oz chukka soba noodles <sup>1</sup>
- 1 oz salted peanuts <sup>5</sup>
- scallions
- garlic
- 1 oz tahini <sup>11</sup>
- 2 oz tamari soy sauce <sup>6</sup>
- 1 pkt crushed red pepper flakes
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- 3 oz baby spinach

## What you need

- kosher salt & ground pepper
- sugar
- white wine vinegar (or red wine vinegar) <sup>17</sup>
- neutral oil

## Tools

- large saucepan
- medium nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Peanuts (5), Soy (6), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1000kcal, Fat 53g, Carbs 93g, Proteins 45g



### 1. Cook noodles

Bring a large saucepan of **salted water** to a boil. Add **noodles** and cook, stirring occasionally 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 about ¼ cup, 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

Add **sauce**, and cook until **tahini** is melted, about 1 minute. Stir **spinach** and **noodles** into skillet, cooking just until **spinach** is wilted and noodles are coated with **sauce**, 1-2 minutes; season to taste with salt and pepper. Put **noodles, spinach**, and **plant-based grounds** in bowls. Top with **remaining scallions** and **peanuts**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**