

313 MAIN STREET
AMES, IA 50010
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M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



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Thai Drunken Zucchini Noodles with Pork

Makes 2 servings; Time to Prepare: 15 minutes; Time to Cook: 20 minutes

Family and friends often ask me, “Are you ever stumped for recipe ideas?” I usually feel the opposite: I never know which recipes to try first because my “to make” list is pages long! But I also like to create the noodle classics – lo mein, spaghetti alfredo, and so on. I’ve finally created a version of Thai Drunken noodles that uses flat zucchini noodles instead of wide rice noodles and has no added sugars.

1 tablespoon hoisin sauce
1 tablespoon low-sodium soy sauce
1/2 tablespoon oyster sauce
1 tablespoon Thai chili oil
1 tablespoon Thai or Vietnamese fish sauce
1 tablespoon virgin coconut oil
8 ounces ground pork
2 small shallots, minced
1 medium garlic clove, minced
1 small red bell pepper, sliced into strips
2 thinly sliced scallions, green and white parts
2 medium zucchini, spiralized with Blade A (wide, flat ribbons)
3 tablespoons chopped fresh Thai basil leaves

1. Heat a large nonstick skillet over medium heat. When a bit of water flicked onto the skillet sizzles, add the hoisin sauce, soy sauce, oyster sauce, chili oil, and fish sauce. When the sauces have heated and combined for about 2 minutes, transfer to a bowl.

2. Add the coconut oil to the same skillet over medium heat. When the oil is shimmering, add the pork and sauté, breaking up with a wooden spoon, for 5 minutes or until cooked through and browned. Add the shallots and garlic and cook 2 to 3 minutes more or until the shallots begin to brown.

3. Return the sauce mixture to the skillet and add the bell pepper and scallions. Cook for 1 minute, stirring frequently. Add the zucchini noodles and cook 2 to 3 minutes or until the zucchini noodles soften. Fold in the Thai basil leaves and serve.

Tip: Drunken noodles are meant to be spicy, so if you can’t find Thai chili oil, use Sriracha or a chili garlic sauce.

Nutritional Information: Serving Size: 2 heaping cups. Calories: 383, Fat: 22 g, Carbohydrates: 18 g, Sodium: 1387 mg, Protein 27 g, Sugar: 10 g.