

*Making it delicious*

# WHOLE GRAIN NOODLE BOWL

## Ingredients

- 1/2 batch of Tahini Sauce (below)
- 2 oz. dry soba noodles
- 3-4 oz. cooked pork loin/tenderloin
- 1/2 cup broccoli florets, steamed
- 1/4 cup shredded carrots
- 1/4 cup red bell pepper, sliced
- 2 Tbsp. scallions, thinly sliced
- Chili paste or pepper flakes (opt.)

Tahini Sauce (2 servings):

- 1/4 cup tahini, stirred well
- 2 tsp. reduced sodium soy sauce
- 1-2 Tbsp lime juice or rice vinegar
- 1 Tbsp. honey or brown sugar
- 1/4 tsp. garlic powder
- 1/4 tsp. ground ginger (optional)
- 2-4 Tbsp. hot water

## Nutrition Facts

1 serving per container

**Serving size** (322g)

Amount per serving

**Calories** **590**

% Daily Value\*

<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 720mg	<b>31%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 13g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 42g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 5mg	30%
Potassium 845mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Instructions

- Combine all the Tahini Sauce ingredients, except the hot water.
- Slowly add the hot water to the sauce to achieve the desired consistency. Set the sauce aside.
- Cook the noodles according to package directions, then rinse & drain.
- Slice the cooked pork into bite-sized pieces.
- Place the cooked noodles into a serving bowl.
- Drizzle half of the tahini sauce (about 1/4 cup + 1 Tbsp.) over the noodles (or add it later, over the pork and vegetables).
- Arrange the sliced pork, broccoli, carrots, and peppers over the noodles.
- Sprinkle with sliced scallions and chili paste or pepper flakes, if using.
- Refrigerate remaining tahini sauce; use within 3 days.

**SERVINGS: 1 | PREP TIME: 40 MIN**