

Dan Dan Noodles

Makes 3 servings | Active Time: 30 minutes | Total Time: 35 minutes

Swick

Chef's Notes

Suggested adult serving: 2 cups noodles; 1 cup mushrooms; 1 cup vegetables

Store any leftover noodles in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Noodles: Feel free to use brown rice noodles instead.

Szechuan peppercorns: You can typically find Szechuan pepper at Asian grocery stores. If you have trouble finding it, feel free to use crushed red pepper instead.

Fresh Ginger: To keep fresh ginger readily available, buy a few knobs and store them in your freezer, wrapped tightly in plastic wrap. Peel and grate while still frozen and return the unused portion to the freezer.

Tahini: Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make the Dish

- 9 oz whole-grain fettuccine (see tip) Cook noodles according to package instructions. Drain well in a colander, then return to the saucepan and cover to keep warm.
- 3 (8-oz) packages button mushrooms, chopped (≈9 cups)

SAUTÉ MUSHROOMS

In a nonstick skillet over medium heat, cook mushrooms, garlic, ginger, and Szechuan peppercorns until all liquid has released and evaporated, about 10 minutes.

- 4 1/2 cloves garlic, minced
- 1 1/2 teaspoons fresh ginger, grated
- 3/4 teaspoon Szechuan peppercorns crushed (see tip)
- 3 tablespoons tamari
- 4 1/2 oz broccolini cut into bite-size pieces (≈2 1/4 cups)
- 1 1/2 carrots cut into matchsticks (≈3 oz)
- 3/4 cup low-sodium vegetable broth
- 3 tablespoons tahini
- 1 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons pure maple syrup
- 1 1/2 tablespoons toasted sesame seeds
- 1 1/2 scallions chopped (≈3 tablespoons)

Add 1 1/2 tablespoons tamari and cook until mushrooms are coated. Remove from skillet.

SAUTÉ BROCCOLINI & CARROTS

Add broccolini and carrots to same skillet. Cook over medium until crisp-tender, about 3 minutes. Add vegetable broth 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking. Remove vegetables from skillet.

MAKE SAUCE

Add remaining broth to skillet and bring to a boil. Remove from heat.

In a bowl, whisk together tahini, lime juice, maple syrup, and remaining 1 1/2 tablespoons tamari. Add warm broth, 1 tablespoon at a time, until sauce reaches a thin paste consistency.

ASSEMBLE & SERVE

Toss cooked fettuccine in sauce. Arrange fettuccine in bowls. Top with mushrooms and vegetables. Garnish with toasted sesame seeds and scallions. Spoon any remaining broth around the edges of each bowl.