



Taiwan stir-fried pumpkin with rice noodles

2 SERVINGS approx. 490 kcal

A specialty of the Penghu Islands of Taiwan where kabocha (Japanese pumpkins) are widely produced, this dish has become a popular one-pan satisfying meal that can be adjusted to cater to both vegetarian and non-vegetarians alike.

EQUIPMENT

A wok or non-stick skillet

INGREDIENTS

250 g kabocha (Japanese pumpkin), sliced

100 g dried bifun/bee hoon (rice vermicelli), soak in water

50 g boneless skinless pork/chicken meat cut into strips

2 large eggs

2 Tbsp oil

2 cups liquid from soaking shiitake mushrooms or chicken broth

2 ½ large shiitake mushrooms, soak in 2 cups of warm water and thinly slice

MEAT MARINATE

½ tsp soy sauce

½ tsp sesame oil

⅛ tsp sugar

⅛ tsp ground white pepper

AROMATICS

1 Tbsp dried shrimp (soaked in warm water and minced)

1 clove garlic, minced

½ small onion, diced

1 stalk green onion, separate green and white sections and cut into 2-inch length

SEASONING

1 ½ Tbsp soy sauce

½ tsp sugar

½ tsp sesame oil

¼ tsp ground white pepper

Salt to taste



INSTRUCTIONS

1. Marinate meat for 15 minutes
2. Preheat wok or skillet until hot and add ½ of the cooking oil. Add meat and let cook undisturbed for about 1 minute, then saute until lightly charred. Remove from wok and set aside.
3. Add remainder of the cooking oil, garlic, onion, and white section of green onion into pan and saute for about a minute. Add mushrooms and dried shrimp. Saute until fragrant (about 2 minutes). Move to the side of the pan and crack two eggs. Let the eggs cook undisturbed for about 10 seconds, then scramble and wait another 10 seconds before mixing everything in the wok together.
4. Add 2 cups liquid from soaking shiitake mushrooms or use chicken broth. Bring to a boil. Add the pre-soaked bifun/bee hoon (rice vermicelli) followed by the seasonings and combine. Add sliced pumpkin and toss. Cover and let cook (about 2-3 minutes) or until pumpkin becomes tender.
5. Uncover and toss. Add the green parts of green onion and toss everything to combine. Have a taste test and adjust to your preference as needed
6. Serve immediately

Arrangements: Vegan- do not include meat, eggs, shrimp, and chicken broth; Meatless- substitute meat with vegetables, Gluten free- replace soy sauce with Tamari or soy sauce substitute, Keto-friendly- replace bifun/bee hoon with shirataki noodles and substitute sugar with sweetener of choice