

# Spicy Noodle Stir Fry with Korean Tempeh

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	Protein Foundations	VG	12	14.91 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 1/4 cup	3 lb 0.00 oz	0%	3.00 lb	Tempeh, Plain	To make Spicy Gochujang Tempeh Triangles - Preheat oven to 400 degrees F. Cut tempeh into 1 ounce triangles.



*Cutting Tempeh*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 cup	0 lb 9.03 oz	0%	0 lb 9.03 oz	Sauce, Gochujang	Whisk together all ingredients in step 2 together in a bowl. Coat tempeh in sauce and then place on a parchment lined sheet pan. Bake for 10 minutes, then flip and bake for another 10 minutes or until well roasted. Remove from oven. If needed and while still hot, remove any excess marinade that charred in oven away from the tempeh. Keep hot for service.
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Oil, Sesame	
	3/4 cup	0 lb 5.32 oz	0%	0 lb 5.33 oz	Sugar, White, granulated	
	1 tbsp	0 lb 0.52 oz	0%	0 lb 0.52 oz	Vinegar, Rice Wine	
	1/2 cup	0 lb 4.70 oz	0%	0 lb 4.70 oz	Soy Sauce, regular	



Marinade



Tossing Tempeh in Marinade



Tempeh after baking with charred marinade



Removing charred marinade

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 4.70 oz	0%	0 lb 4.70 oz	Soy Sauce, regular	To make Noodle Sauce - In a pot over medium high heat add all ingredients in step 3 and whisk until sugar dissolves. Remove from heat.
	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Oil, Sesame	
	2 tbsp	0 lb 0.89 oz	0%	0 lb 0.89 oz	Sugar, White, granulated	



Sauce for Noodles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	8 cup	3 lb 2.00 oz	0%	3 lb 2.00 oz	Pasta, Spaghetti, cooked <i>Hot Noodles</i>	Pour sauce over cooked spaghetti and toss together. Hold hot for service

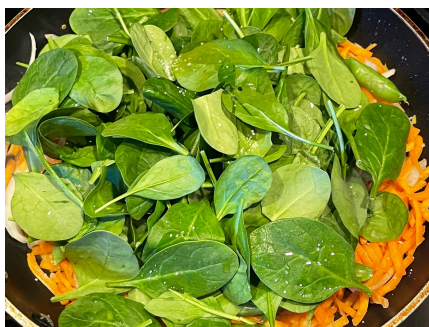


*Tossing Noodles and Sauce*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	To make Vegetable Mix - Heat canola oil in a large skillet or flat top grill over medium high heat. Add onions and sauté for 3 minutes or until softened. Add remaining ingredients under step 5 and cook until spinach has wilted and vegetables are tender. Hold hot for service.
	4 cup	0 lb 12.00 oz	9%	0 lb 13.25 oz	Onions, Yellow, sliced	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	7 1/2 cup	1 lb 0.50 oz	6%	1 lb 1.59 oz	Peas, Snap, whole, trimmed	
	3 1/2 cup	0 lb 13.65 oz	19%	1 lb 0.79 oz	Carrots, peeled, shredded	
	12 cup	0 lb 8.16 oz	1%	0 lb 8.24 oz	Spinach, Baby, stemmed, bagged	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	2 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz	Oil, Sesame	



*Sauting Onions*



*Adding Vegetables*



*Vegetables Finished Cooking*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>6</b>						To serve - Place 4 ounces of noodles into a bowl. Add 4 ounces of vegetable mixture. Shingle tempeh across the top and serve.



**RECIPE IMAGES**



*Spicy Noodle Stir Fry with Korean Tempeh*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 2.92 oz	0 %	11 lb 2.92 oz	0 %	11 lb 2.92 oz
Size of portion	14.91 oz		14.91 oz		14.91 oz

**ADDITIONAL INFO**

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**MEMO**

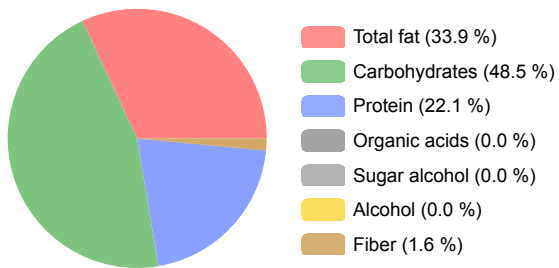
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**NUTRITION INFORMATION**

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI	
					RDI				
				624.06 kcal	31 %	Salt	4.52 g		
				2,611.07 kJ		Salt	1.07 %		
<b>Total fat</b>	23.92 g	31 %	33.89 %			Sodium	1,999.71 mg	87 %	Vitamins
Saturated	4.44 g	22 %	6.29 %			Phosphorus	444.47 mg	36 %	Vitamin A
Monounsaturated	8.38 g		11.88 %			Potassium	958.95 mg	20 %	Vitamin D
Polyunsaturated	9.36 g		13.27 %			Iron	6.19 mg	34 %	Thiamine
Trans fatty acids	0.01 g		0.01 %			Calcium	195.65 mg	15 %	Riboflavin
Cholesterol	0.00 mg	0 %				Zinc	2.31 mg	21 %	Niacin
Linolenic acid	8.74 g		12.39 %			Magnesium	151.47 mg	36 %	Vitamin B6
Alpha-linolenic acid	235.58 mg		0.33 %			Iodine	0.00 µg	0 %	Vitamin B12
<b>Total Carbohydrate</b>	74.41 g	27 %	48.45 %			Selenium	32.45 µg	59 %	Folate
Sugars total	22.02 g	44 %				Copper	0.85 µg	94 %	Vitamin C
Added sugar	0.00 g	0 %	0.00 %						Vitamin E
Lactose	0.00 g								Vitamin K
Fiber	5.15 g	18 %	1.58 %						Others
Organic acids	0.00 g		0.00 %						Water
Sugar alcohol	0.00 g		0.00 %						263.61 g
Starch	31.18 g		20.30 %						
<b>Protein</b>	33.98 g	68 %	22.12 %						
<b>Alcohol</b>	0.00 g		0.00 %						

**PERCENTAGE OF ENERGY**



**CO2**



0.04 kg

**Comparable values**

Snacks	1.27 kg
Main courses	1.78 kg
Desserts	0.80 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.