



Makes 2 Servings
Cook Time: 15 minutes

INGREDIENTS:

8 ounces Chinese wheat noodles,
udon noodles, or soba noodles

4 green onions, sliced

¼ cup pickled mustard greens or
pickled cabbage

1½ teaspoons soy sauce

2 teaspoons rice vinegar

1 teaspoon chili paste

1 teaspoon toasted sesame
seeds

Dan Dan Mian Noodles

This is a fast, filling dish that shows the boldness of Szechuan cooking. Every ingredient stands out, from the pickled greens and chili-vinegar soy sauce to the succulent noodles.

From *21-Day Weight Loss Kickstart*

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By Jason Wyrick

- 1 Bring a medium pot of water to a boil. Add the noodles and cook them according to the directions, until they are slightly soft. Drain the water and set the noodles to the side.
- 2 Over medium-high heat, add the green onion and pickled greens to a wok. Cook for about 1 minute. Remove them from the wok. Add the soy sauce, vinegar, chili paste, and noodles to the wok, and cook them for about 30 seconds.
- 3 Plate each serving with half of the noodles, and garnish them with the cooked green onions, pickled greens, and sesame seeds.

Notes:

Pickled green cheat: Pickled greens should be available at most Asian markets, but you can make a quick version by sautéing sliced cabbage or mustard greens in rice vinegar and a pinch of salt until the veggies are soft. You'll need about ½ cup of fresh greens to start, and you should end with about ¼ cup once they cook.

Making it simple: Cook the noodles. Mix the soy sauce, rice vinegar, and chili paste in a small bowl, and pour over the noodles. Top each serving with uncooked green onions, pickled greens, and sesame seeds.

The gourmet touch: Use black rice vinegar and add 2 teaspoons of Szechuan peppercorns to the wok when you sauté the pickled greens and green onion. You can also add ½ cup chopped seitan to the recipe. Chop the seitan and marinate it in a mixture of chili paste and rice vinegar for at least 2 hours, then sauté it for about 1 minute. Serve on top of the noodles.