

PREP TIME 12 mins COOK TIME 13 mins TOTAL TIME 25 mins
SERVINGS 4

INGREDIENTS

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8 oz Korean glass noodles - - *japchae noodles, sweet potato starch noodles, or dangmyeon*

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2 large eggs - - *whites and eggs separated*

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2 Tablespoons avocado oil

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6 large shiitake mushrooms - - *sliced 1/2 inch thick*

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1/3 large yellow onion - - *sliced 1/2 inch thick*

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1/2 large red bell pepper - - *julienned 1/4 inch thick*

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1/2 large yellow bell pepper - - *julienned 1/4 inch thick*

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1/2 large carrot - - *julienned 1/8 inch thick*

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3 cups baby spinach - - *packed*

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3 cloves garlic - - *minced*

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2 stalks scallions - - *chopped, for garnish*

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2 teaspoons toasted white sesame seeds - - *for garnish*

Sauce:

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3 Tablespoons low sodium soy sauce

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2 Tablespoons brown sugar - - *packed*

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1 Tablespoon dark soy sauce

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1 ½ Tablespoons sesame oil

INSTRUCTIONS

These japchae noodles come together quickly so prep all your ingredients ahead of time.

Mix all the sauce ingredients together in a small bowl until the sugar dissolves. Set it aside.

Cook the Korean glass noodles according to the directions. Be sure not to over cook them as they can get soggy. Drain the water and add the hot noodles to a large bowl.

Add the sauce to noodles and toss to combine. Let sit on the counter for the noodles to absorb the flavors of the sauce. Any excess sauce will be absorbed by the noodles.

Cook the egg whites and egg yolks separately in a flat pan and cut them into strips. Set it aside.

Heat a pan over medium high heat and add the mushrooms and the onions. Stir fry them for 2 minutes.

Next, add the red and yellow bell peppers, carrots, and minced garlic to the pan. Stir fry for 1 - 2 more minutes. Be careful not to overcook the vegetables, they should still be crunchy.

Add the spinach and toss everything together until the spinach starts to wilt. Add a pinch of salt to season the vegetables and remove it from the heat.

Add the stir fried vegetables and egg to the seasoned glass noodles. Toss everything to combine and garnish with sesame seeds and chopped scallions.

RECIPE NOTES

- Leftovers - store in an airtight container and keep it in the fridge for up to 3 days.
- You can make this ahead the day before and serve it the next day. The noodles will harden and turn opaque when cold but will get soft and turn translucent once reheated.
- Try not to overcook the glass noodles - they should have a chewy, al dente texture. It also prevents them from absorbing all of the sauce so keep an eye on the timer.
- Try not to overcook the vegetables - they should be crisp. Add the vegetables in at different times according to their cook time. Vegetables that take longer should be added first while the ones that take shorter (like spinach) should be added last.
- Add the sauce while the noodles are hot - this helps the noodles absorb all the sauce and prevents them from sticking together.