

Japchae (Korean Stir-Fried Sweet Potato Noodles)



South Korea



SERVINGS
(4 – 6)

INGREDIENTS

8 oz dried sweet potato noodles
4 tsp. toasted sesame oil
1/4 cup soy sauce
1 tbsp. brown sugar
1 tbsp. vegetable oil
1 medium carrot, peeled and cut into 1-1/2-inch matchsticks
1/2 medium yellow onion, thinly sliced
3/4 tsp. kosher salt
1/4 tsp. freshly ground black pepper
4 oz. shiitake mushrooms
4 ounces baby spinach
1 medium scallion, thinly sliced
1-1/2 teaspoons toasted sesame seeds

Time to prepare: 15 minutes

Time to cook: 45 minutes

PROCEDURE

Bring a large saucepan of water to a boil over high heat. Add the noodles, stir to separate them, and boil until cooked through, about 8-10 minutes. Drain in a colander and rinse under cold water until cool. Using scissors, cut the noodles into 6- to 8-inch lengths. With the noodles still in the colander, drizzle with 2 teaspoons of the sesame oil and toss to coat; set aside.

Mix the soy sauce and sugar together in a small bowl until the sugar has dissolved; set aside. Heat the oil in a large frying pan over medium heat until shimmering. Add the carrots, onion, measured salt, and measured pepper. Cook, stirring occasionally, until the onion has softened, about 8 minutes. Add the mushrooms and cook, stirring occasionally, until the mushrooms are tender, about 3 minutes.

Increase the heat to medium high. Add the spinach and, using tongs, toss to combine. Let cook until slightly wilted, about 1 minute. Add the reserved noodles and soy sauce mixture and toss until heated through, about 2 to 3 minutes. Remove the pan from the heat, add the remaining 2 teaspoons toasted sesame oil, and toss to combine. Taste and season with salt and pepper as needed. Transfer to a serving platter and sprinkle with the scallion and sesame seeds. Serve immediately or at room temperature.

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