

Main Dish - Vegetarian & Vegan

Cellophane Noodle Stir fry

KOREAN NOODLES - JAPCHAE



Ready in **35 minutes**

Serves **4-6**

Ingredients

- 8 oz cellophane noodles
- 2 dried shiitake mushrooms
- 4 oz, about 4 cups baby spinach
- 1 ½ cup onion, julienned
- 1 cup carrots, julienned
- ¼ cup total of red and yellow bell pepper, sliced thin
- 2 tbsp minced garlic
- ⅛ tsp black pepper
- ½ Tbsp sesame oil
- Vegetable oil for frying
- 1 Tbsp sesame seeds

SAUCE:

- 5 Tbsp shoyu
- 5 Tbsp dark brown sugar
- 3 Tbsp vegetable oil
- Salt to taste
- 1 Tbsp sesame seeds for garnish

Preparation

1. In a large pot, cook noodles on medium high for 7-8 minutes. Rinse well in cold water, drain and set aside.
2. In a medium pot, scald spinach in boiling water for 30 seconds, rinse well in cold water and set aside.

3. Soak shiitake mushrooms in hot water until soft, about 5 minutes. Remove excess water and stems, and slice thinly.
4. Julienne onions and carrots.
5. Cut bell peppers in thin strips.
6. In a large pan, add and mix sauce ingredients together well.
7. Once it starts to boil , add noodles and cook for about 3 minutes on medium high, or until the sauce is almost gone. Set aside.
8. In a separate pan, add ½ tsp of oil. Add onions and 1 pinch of salt. Fry for about 2 minutes, remove from pan.
9. Do the same steps with the carrots, bell peppers and mushrooms.
10. Add all the veggies, including the spinach to the pan the noodles are in.
11. Add garlic and pepper. Fry for 2 minutes and turn off the heat.
12. Add sesame oil, then sprinkle with sesame seeds.

Tips

You can prepare all your veggies while you wait for the 2 pots of water to boil.

Spiritual Message from this recipe

Trying new things expands your mind and spirit. Experiencing food from different cultures gives your palette a new experience and provides an opportunity to discover another delicious meal.