

JAPCHAE

INGREDIENTS:

• SAUCE:

- 3 tablespoons reduced sodium tamari
- ½ tablespoon honey
- 1 tablespoon sesame oil
- 1 tablespoon avocado oil
- 2 tablespoons water
- ½ teaspoon ground white pepper

NOODLES:

- 8 ounces Korean sweet potato noodles
- 1 egg
- 1 tablespoon avocado or extra virgin olive oil, divided
- 4 ounces shiitake mushrooms, thinly sliced
- 8 ounces sirloin beef, sliced against the grain into strips
- 1 medium onion, thinly sliced
- 4 scallions, sliced into 4-inch pieces
- ½ bell pepper, thinly sliced
- 1 carrot, cut into matchsticks
- 2 large garlic cloves, minced
- 8 ounces spinach, chopped
- 1 teaspoon sesame seeds, for garnish

DIRECTIONS:

1. In a small bowl, whisk together the ingredients for the sauce. Set aside.
2. Bring a pot of water to a boil, add noodles, and stir with a wooden or metal spoon to ensure they don't stick together. Cover and cook for up to 6 minutes, depending on package instructions. When done cooking, drain and rinse the noodles under cold water to cease cooking.
3. Crack egg into another small bowl and beat with a fork. Heat a large pan or skillet over medium heat, then add ½ teaspoon oil. Once heated, add cracked egg, tilting the pan so the egg spreads thinly. Cook for about 1 minute, then flip, turn off heat, and let sit in pan for 1 more minute. Let it cool and slice it into thin strips.
4. Add another 1 teaspoon oil to the large pan, raise heat to medium-high, and add mushrooms. Stir to prevent sticking and cook for 2–3 minutes, until any liquid has evaporated. Add sliced beef and 2 tablespoons of sauce to pan. Cook, stirring occasionally, until lightly browned, about 5 minutes. Set aside.
5. Add remaining ½ tablespoon oil to the pan over medium heat. Once hot, add onion, scallions, peppers, and carrots. Stir occasionally and cook until softened, about 4 minutes. Add garlic and cook for 1 minute. Add spinach and cook for 1–2 minutes, until wilted. Turn off heat.
6. Add mushrooms, beef, egg strips, and noodles back into pan, pour on remaining sauce, and stir to combine. Garnish with sesame seeds and serve warm.

55 MINUTES | SERVES 4

Nutrition Facts

389 calories | 18g fat | 4g saturated fat | 607mg sodium |
41g carbohydrate | 6g fiber | 9g sugar | 19g protein