

Japchae

Oscar · 29/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

8

Description

This is one of my favorite Korean recipes Its authentic healthy and absolutely delicious

Ingredients

- - 3 tablespoons soy sauce - 2 ½ tablespoons white sugar - 2 tablespoons sesame oil - 2 teaspoons minced garlic - 8 ounces sweet potato noodles - 4 ounces lean beef
- cut into 2-inch long strips - 6 ounces fresh spinach - salt and ground black pepper to taste - 1 tablespoon vegetable oil
- divided - 1 small sweet onion
- thinly sliced - 4 mushrooms
- stemmed and sliced - 1 small carrot
- cut into matchsticks

Instructions

1. Whisk soy sauce
2. sugar
3. sesame oil
4. and garlic in a bowl until sugar is dissolved into sauce. Bring a large pot of lightly salted water to a boil. Cook sweet potato noodles in the boiling water
5. stirring occasionally until cooked through but firm to the bite
6. 6 to 7 minutes. Rinse noodles under cold water and drain. Transfer noodles to a bowl
7. add 2 tablespoons sauce
8. and toss to coat. Squeeze beef under running water until juices run clear. Mix beef and 1 tablespoon sauce together in a bowl. Bring a pot of water to a boil. Cook spinach in the boiling water until just wilted
9. about 1 minute. Drain quickly and transfer spinach to a bowl of cold water to stop the cooking process. Squeeze excess water from spinach
10. place spinach in a large bowl
11. and season with salt and pepper. Heat 1 teaspoon oil in a large skillet over medium-high heat; cook onion until fragrant but crisp
12. 1 to 2 minutes. Transfer onion to the bowl with spinach. Heat another 1 teaspoon oil in the same skillet. Cook mushrooms in the hot oil until lightly browned but still firm
13. 1 to 2 minutes; add to onion mixture. Heat remaining 1 teaspoon oil in the same skillet. Cook carrot in the hot oil until lightly browned but still crisp
14. 1 to 2 minutes; add to onion mixture. Cook and stir beef in the same skillet until browned
15. 1 to 2 minutes; add to onion mixture. Cook and stir noodles in the same skillet until heated through
16. 1 to 2 minutes; add to beef-onion mixture. Add remaining sauce to beef-noodles mixture and toss to coat using your hands.