



## Japchae (Korean Noodles)

*Serves 4-6 people*

### Ingredients

250g Korean sweet potato noodles, soaked in water for 20-30 minutes  
1 egg, beaten with a pinch of salt  
Vegetable or sunflower oil for frying  
½ carrot, washed and thinly sliced  
½ red pepper (capsicum), washed and thinly sliced  
1 brown onion, peeled, washed and thinly sliced  
100g fresh shiitake mushroom, washed, stems removed and thinly sliced  
1 clove garlic, crushed  
110 g baby spinach, roughly chopped, blanched and drained  
3 Tbsp light soy sauce  
1 tsp sugar  
1.5 Tbsp sesame oil  
1 tsp ground black pepper  
1 Tbsp toasted sesame seeds

### Instructions

Bring a saucepan of water to a boil and add the drained noodles. Cook according to the packet instructions, about 7-8 minutes. Drain the noodles and transfer to a mixing bowl. Add 1 tablespoon of vegetable oil and mix well to loosen the noodles. Use a pair of kitchen scissors to cut the noodles into smaller pieces. Set aside

Warm 1 tablespoon of the vegetable oil in a large, wide based frying pan over medium-high heat until glossy. Add the egg and swirl around the pan to thinly coat the bottom. Allow to cook for 1-2 minutes until set into a large, thin omelette. Lift the edges of the omelette and transfer to a plate. Roll up, slice thinly and set aside to cool.

In the same frying pan, warm 1 tablespoon of the vegetable oil until glossy. Add the carrot, onion and red pepper. Stir fry for 4-6 minutes until soft. Transfer to a large mixing bowl to cool.

In the same frying pan, warm 1 tablespoon of the vegetable oil until glossy. Add the mushrooms and stir fry for 4 minutes. Add 1 tablespoon of soy sauce, 1 teaspoon of sesame oil and garlic. Stir fry for 1 minute. Transfer to the large mixing bowl with the carrots, onions and peppers.

In the same frying pan, warm 1 tablespoon of the vegetable oil over a high heat until glossy. Add the noodles, 2 tablespoons of soy sauce, 1 tablespoon of sesame oil, 1 teaspoon of sugar and the black pepper. Stir well to combine. Stir fry the noodles until they have absorbed the sauce. Transfer to the large mixing bowl with the vegetables.

Add the blanched spinach to the mixing bowl, separating the leaves so they do not clump. Add the sliced egg omelette and toss everything together to combine well. Sprinkle over the sesame seeds and serve immediately.