

# Japchae



*Serves 4*



*45-60 minutes*



*Spring*



*Spinach, carrot, onion,  
mushroom, capsicum*



## INGREDIENTS:

- 200 g sweet potato noodles (Dangmyeon)
- 300 g firm tofu
- 3 cloves garlic, minced
- 2 medium carrots, julienned
- 1 medium yellow onion, sliced
- 6 shitake mushrooms, thinly sliced
- 1 large red capsicum, julienned
- 4 handfuls spinach
- 2 tbsp vegetable oil
- Salt to taste

## FOR SAUCE:

- 4 tbsp soy sauce
- 2 tbsp maple syrup
- 1 tbsp sesame oil
- ¼ tsp black pepper

## TO GARNISH:

- 1 tbsp toasted sesame seeds

## METHOD:

1. To remove excess water from the tofu, wrap it in a clean kitchen towel or paper towel. Place a heavy object on top of it for 15 minutes. A plate or book work well.
2. Mix all of the ingredients for the sauce in a bowl. Set it aside.
3. Boil a large pot of salted water.
4. Add the sweet potato noodles to the boiling water. Cook according to the package instructions.
5. Once cooked, drain and rinse the noodles under cold water.
6. Cut the noodles into smaller pieces using kitchen scissors. Toss the noodles with sesame oil to prevent sticking. Set it aside.
7. Boil another pot of hot water.

8. Cook the spinach in boiling water for 30 seconds and then remove from water. Once cool enough to handle, squeeze out excess water using paper towel.
9. Cut the spinach into bite sized pieces and set it aside.
10. Cut the tofu into 1-inch cubes.
11. In a pan, heat 1 tbsp vegetable oil over medium-high heat. Once the oil is hot, add the tofu cubes in a single layer. Make sure that the cubes do not touch each other.
12. Fry the tofu for 3-4 minutes on each side until they are golden brown and crispy.
13. Remove the tofu from the heat and set it aside.
14. In the same pan, heat the remaining oil over medium heat. Add minced garlic to the oil. Cook the garlic for 2 minutes or until it becomes fragrant.
15. Add the onion and cook for 1-2 minutes until it softens and becomes translucent.
16. Add the carrot and cook for 2-3 minutes until it softens.
17. Add the shiitake mushrooms and cook for about 3-4 minutes until they turn golden brown.
18. Add the capsicum into the pan and cook for 1-2 minutes.
19. Lower the heat and add the noodles, pan fried tofu, spinach and sauce back in.
20. Stir fry everything together for 2-3 minutes until well combined and heated through.
21. Taste to make sure it is seasoned well. Adjust if needed.
22. Remove from the heat. Garnish with sesame seeds. Service it hot or at room temperature.

#### TIPS:

- If you use dried shitake mushrooms, soak them in a bowl for about 20-30 minutes or until they become soft prior to using them. You can replace shitake mushrooms with oyster mushrooms or brown button mushrooms.
- You can add or remove any of the above vegetables based on your liking.
- Traditionally, japchae is served as a side dish. You can also serve it as a main dish with steamed rice.
- You can replace tofu with other protein such as thinly sliced chicken or beef. Make sure to marinate the chicken or beef using the sauce mixture before frying.
- You can refrigerate the leftovers for up to 3-4 days.
- To reheat, add a splash of water, cover the noodles with a lid and microwave for 2 minutes or until warmed through.

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*