

JAPCHAE

- ① Korean sweet potato noodles
- ② Sauce : $\frac{1}{2}$ c soy
 $\frac{1}{2}$ c sugar
3 Tbsp minced garlic
3 Tbsp toasted sesame seed
} mix together
- ③ Raw beef (@ 250g) + 3 Tbsp Sauce + mix
- ④ Mushrooms + 1 Tbsp sauce + mix
- ⑤ Sliced vegetables : onion + leek
carrot + capsicum → cut in sticks
green veg
- ⑥ Pan fry veg → onions first in a little grapeseed oil
Med-high heat. Add pepper + salt.
Cook until lightly browned → transfer to plate
→ capsicum next → same as above
→ carrots as above
→ marinated mushrooms → takes a few minutes
until brown
- ⑦ Pan fry marinated beef until cooked through. Add pepper.
- ⑧ Wash + blanch spinach, add salt, pepper + a little garlic +
sesame oil → mix.
- ⑨ Cook noodles in boiling water for 5 minutes, drain, rinse
VERY WELL under running cold water, then cut with scissors.
- ⑩ Mix noodles with sauce + little sesame oil, then combine
all ingredients, mix well by hand, adding sauce to taste.