

Jap Chae

INGREDIENTS

6 oz beef
8 oz baby spinach
2 carrots
4 garlic cloves
2 whole stalks green onion
8 oz mushrooms, white
1 onion, medium
10 oz sweet potato starch noodles
2 tbsp granulated sugar
2 tbsp sesame seeds, toasted
1 table salt and freshly ground black pepper
1 olive oil
4 tbsp sesame oil, Asian toasted
4 tbsp soy sauce

DIRECTIONS

In a bowl, combine beef with half of the minced garlic, 1 tsp sugar, 2 tsp soy sauce, 1 tsp sesame oil, and 1/4 tsp ground pepper. mix together to combine, cover and chill in the fridge.

In a large nonstick pan, add some olive oil over medium heat then add in onions, carrots, mushrooms and a touch of salt. Cover and stir over medium heat until the onions are translucent. Add in the mushrooms and stir until they are soft. Add in the spinach until wilted. Transfer this mixture into a large bowl, cover, and keep warm.

Bring a large pot of salted water to a boil. Once water is boiling, add and cook your noodles for 7 minutes.

While your noodles are cooking, in the same nonstick pan from your veggie mixture, add some olive oil, beef, and green onions over medium heat. Cook until beef is no longer pink. Add the beef mixture with your veggie mixture and keep warm.

Once your noodles are done, drain and rinse with cold water. Place back into beef and veggie mixture in a large bowl. Add remaining garlic, soy sauce, and sesame oil. Add salt and pepper to taste. Toss well. Sprinkle with sesame seeds to garnish and serve warm.