KOREAN · SIDE

Japchae Glass Noodles with Vegetables

45 min · Serves 8 · 185 kcal a serve · Video 8:04 · Jia Choi

No dairy listed · No nuts listed

Only 100 g of beef for the whole batch, so the dish is mostly onion, carrot, capsicum and mushrooms: about 180 kcal a side serve and rich in vitamin C. Each vegetable is stir-fried in a few drops of oil, and the final seasoning has just a teaspoon of sugar.

Diet notes: Low saturated fat (1.5 g, 7% of the energy); Gluten-free with a swap: Sweet potato noodles are gluten-free; use tamari in place of the dark soy sauce.

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Ingredients 18 · SERVES 8

- [ ] 200 g **dangmyeon** (sweet potato glass noodles)
- [ ] 3 Tbsp **dark soy sauce** in 1 litre of noodle water (about half is absorbed)
- [ ] 1 Tbsp **brown sugar** in the noodle water (about half is absorbed)
- [ ] 1 Tbsp **vegetable oil** in the noodle water (about half is absorbed)
- [ ] 3 **shiitake mushrooms**, thinly sliced
- [ ] 1 large **onion**, thinly sliced
- [ ] 1 stalk **green onion**, cut into 5 cm lengths
- [ ] 100 g **carrot**, thinly julienned
- [ ] 100 g **rib eye beef**, thinly julienned
- [ ] 1 **garlic** clove, minced
- [ ] **capsicum** (½ yellow and ½ red), thinly julienned
- [ ] 2 Tbsp **dark soy sauce** (a little for the marinade, the rest to season)
- [ ] 1 tsp **brown sugar**
- [ ] ½ tsp **ground black pepper**
- [ ] 2 Tbsp **sesame oil** (1 for the noodles, 1 for the marinade and seasoning)
- [ ] about ½ tsp **oil** for each stir-fry batch (about 2½ tsp in total)
- [ ] 1 Tbsp **toasted sesame seeds**, to garnish
- [ ] a pinch of **salt** for each vegetable, plus up to 1 tsp to taste

Allergens found in the listed ingredients: Gluten, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Thinly slice the onion, julienne the carrot and capsicums, cut the green onion into 5 cm lengths, slice the shiitake and mince the garlic. Freeze the beef for 30–60 minutes so you can cut it into fine strips. 0:41
2. Toss the beef and shiitake with the garlic, a little of the soy sauce and sugar, some pepper and a splash of sesame oil; marinate about 10 minutes. 2:38
3. Heat a pan over medium-high. With about ½ tsp oil and a pinch of salt each time, stir-fry the onion (1–2 minutes, still crunchy), the green onion, the carrot and the capsicum separately, spreading each on a tray to cool. 3:19
4. Stir-fry the marinated beef and mushrooms in about 1 tsp oil until the beef is cooked, and spread out with the vegetables. 4:17
5. Bring 1 litre of water to the boil with 3 Tbsp dark soy sauce, 1 Tbsp brown sugar and 1 Tbsp oil. Cook the noodles in it until fully soft (not al dente), then drain. 4:46
6. Toss the noodles with 1 Tbsp sesame oil and let them cool to warm. Add all the cooked ingredients, the remaining soy sauce, sugar and pepper and toss by hand. Taste, add salt only if needed, and finish with sesame seeds. 5:35

> **Tip** Serves 8–10 as a side, or about 4 as a main. Time excludes 30–60 min freezing the beef to slice it (skip with pre-sliced beef). Keeps 3 days in the fridge; reheat in a pan with a teaspoon of oil or briefly in the microwave.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
185 kcal	4.4 g	23 g
770 kJ	9% of a day	21 g net · 3.9 g sugars
		8% of a day

FIBRE	FAT	SODIUM
2.2 g	8.5 g	660 mg
8% of a day	1.5 g saturated	29% of a day
	11% of a day	

Energy from net carbs 47% · protein 10% · fat 43%

High in (20%+ of a day) Vitamin C 30%

Source of (10–19%) Vitamin A 15% · Omega-3 14% · Vitamin B6 12% · Selenium 11%

Recipe and video: Jia Choi (@JiaChoiChef) on YouTube — youtube.com/watch?v=ykiBQyxOkuQ, published 23 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/japchae