

Japchae (Stir-Fried Korean Glass Noodles)

Ingredients

- 200 g sweet potato glass noodles (dangmyeon)
- 150 g beef (ribeye or sirloin), thinly sliced (optional, can omit for vegetarian)
- 1 small carrot, julienned
- 1 small red bell pepper, thinly sliced
- 1 small onion, thinly sliced
- A handful of fresh spinach or chives
- 100 g mushrooms, sliced (shiitake, wood ear, or button) — optional
- 100 g bean sprouts — optional
- 2 garlic cloves, minced
- 2 tbsp soy sauce
- 1 tbsp sugar
- 2 tsp sesame oil
- 1 tbsp sesame seeds
- 2 tbsp extra virgin olive oil (for stir-frying)
- Salt and pepper, to taste

Instructions

1. Cook the glass noodles according to package directions until just chewy, drain, and toss with a little sesame oil to keep them from sticking.
2. If using beef, marinate the slices with soy sauce, minced garlic, and black pepper while preparing the vegetables.
3. Heat oil in a large skillet and stir-fry the carrots, onions, and bell peppers until tender-crisp, then remove to a plate.
4. Stir-fry the mushrooms and bean sprouts if using, then remove from the pan and briefly wilt the spinach or chives.
5. Cook the beef in the same pan until browned and tender, then set aside.
6. Return the noodles to the pan with all the cooked vegetables and beef, add soy sauce, sugar, garlic, and sesame oil, and toss until glossy and well combined.
7. Sprinkle with sesame seeds, taste, and adjust seasoning with more soy sauce or sesame oil if needed, then serve warm or at room temperature.

Note & Storage

- Chives or spinach can be used depending on what's easier to find.
- Reheat gently in a skillet over low heat with a drizzle of sesame oil to refresh the noodles.
- Japchae can also be enjoyed at room temperature, making it a good make-ahead dish.