

assorted vegetable japchae

Makes 4 servings

RECIPE ADAPTED FROM: [Maangchi](#)

PREP TIME: 10 minutes

FOR NOODLES

4 oz sweet potato starch noodles
2 tsp toasted sesame oil
1 tsp low sodium soy sauce
½ tsp sugar or honey

FOR VEGETABLES

2 Tbsp low sodium soy sauce
½ Tbsp sugar
1 tsp black pepper
2 tsp toasted sesame oil
any assortment of frozen or raw vegetables (corn, mushroom, spinach, kale, bell peppers, onions, broccoli, green beans, carrots, etc.)
1 tsp avocado oil

NOTES

- Like spaghetti, sweet potato starch noodles come dried. The best way to measure out a serving is to estimate based on a typical "handful" of spaghetti you would use for your serving size of 4. Don't let the clear nature of these noodles fool you! They are packed with carbohydrates and can fill you up.

BRING a pot or pan of water to a boil. Add sweet potato starch noodles and cook for 5-7 minutes. Stir with a wooden spoon to prevent the noodles from sticking together. Noodles should be soft and chewy. *Tip: If your noodles are too long for your pan or pot, use a spoon to gently push the noodles into the water as it cooks.*

STRAIN noodles and rinse through with water to remove excess starch. Cut noodles a few times with kitchen scissors so they are easier to work with. Strain well again before placing noodles into a bowl.

MIX together 2 tsp toasted sesame oil, 1 tsp soy sauce and ½ tsp sugar in a small sauce bowl. Pour over noodles and mix well. If noodles are still sticking together, drizzle a bit more sesame oil and toss. *Tip: If substituting soy sauce with coconut aminos or tamari, do not add sugar as those sauces are already sweet.*

MIX 2 Tablespoon soy sauce, ½ Tbsp sugar, 1 tsp black pepper and 2 tsp of toasted sesame oil in another sauce bowl. Set sauce aside.

SLICE or dice any assortment of vegetables you have. *Tip: If using frozen vegetables, defrost first.*

HEAT avocado oil in a nonstick pan or skillet over medium high heat. Add in vegetables and lightly stir fry until cooked through. For extra flavor, stir fry with diced garlic. *Tip: Stir fry raw vegetables first until halfway cooked, then add any previously frozen or previously cooked vegetables.*

REMOVE from heat and while pan is still slightly hot, add in sauce and mix.

IMMEDIATELY pour sauced vegetables over noodles and toss until well mixed.

