JAPCHAE (KOREAN GLASS NOODLE STIR FRY)

Marinade
• 3 cloves of Garlic, minced
• 3 tbsp. Sesame oil
• 1 tsp. Rice wine vinegar
• ¼ cup Soy sauce
• 3 tbsp. Dark soy sauce
• 1-1/2 tbsp. Karo® Light Corn Syrup
• ½ tsp. Black pepper

Stir Fry
For frying, 2-3 tbsp. Canola oil
• ½ lb Chicken breast, cut into ½" strips
• 200g Korean sweet potato noodles, Dangmyeon
• 1 medium Onion, thinly sliced
• 1 medium Carrot, cut into matchsticks
• 1 medium Red pepper, thinly sliced
• 1 cup Shiitake mushrooms, stems removed, sliced
• 2 cups Baby spinach

Garnish
• 1 tbsp. Sesame seeds
• ¼ cup Chopped green onion

1. Begin by preparing marinade in a medium bowl, add sliced chicken, and set aside while preparing the remaining ingredients.
2. Prepare noodles according to package, drain and rinse with cool water, and set aside.
3. Preheat a large frying pan or wok over medium heat, and add 1 tablespoon of oil to the pan. Sauté onions and carrots for 3 minutes, add in peppers and mushrooms and sauté for another 3 minutes. Remove from the pan, and set aside in a large serving bowl. Add spinach to the pan and quickly wilt for one minute then add to the bowl, set aside, and cover to keep warm.
4. Drain and reserve marinade from the chicken. Add 2 tablespoons of oil to the pan and cook chicken until golden and browned, about 3 to 4 minutes per side and no longer pink inside, remove and add to the bowl of vegetables. Reduce heat to medium-low and add remaining marinade to the pan and cook until boiling, about 2-3 minutes. Add the noodles to the pan and stir into the marinade to coat evenly, heat for about 2 minutes. Combine noodles with a bowl of vegetables and chicken, and toss everything together. Divide

amongst serving dishes and sprinkle with green onions and sesame seeds.

TIP You can substitute any of the vegetables for others that are preferred. You can also change up the protein to beef, shrimp or tofu. Reduce the marinating time if using shrimp.

ADDITIONAL INFORMATION

Course	Dinner, Entrees, Lunch
Category	AAPI Inspired, Bowls, Chicken
Cuisine	Asian