



Jap Chae

Jap Chae is a popular South Korean dish for special occasions. Jap literally means stirred or mixed, while chae means vegetables. Different vegetables are used in the dish depending on the season. Asian vermicelli noodles are used in this recipe as a substitute for the more traditional sweet potato noodles.

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1 hour

Ingredients ↓

- ½ pound Asian vermicelli noodles
- 3 tablespoons sesame oil, divided
- 1 onion, julienned
- 1 carrot, julienned
- 1 red bell pepper, julienned
- 3 scallions, cut into 1 inch lengths
- ½ cup dried wood ear mushrooms or 1 cup fresh button mushrooms
- 2 cloves garlic, minced
- 1 teaspoon sugar
- Salt and freshly ground black pepper, to taste
- ½ pound spinach, stems discarded
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds

Equipment ↓

- Bowl
- Large pot
- Colander
- Large pan
- Kitchen shears
- Long-handled spoon

Directions ↓

- 1 Soak noodles in hot water for 15 minutes, then drain.
- 2 Bring a pot of water to a boil.
- 3 Drop noodles into a pot of boiling water for 30 seconds, drain and rinse in cold water.
- 4 Using clean kitchen shears, cut noodles into smaller pieces.
- 5 Heat 2 tablespoons sesame oil in large pan over medium high heat.
- 6 Add onion, carrot, red bell pepper, scallions, mushrooms, garlic, sugar, salt and pepper.
- 7 Cook, stirring intermittently for 10 minutes or until vegetables are still a little crisp. Transfer to bowl.
- 8 Add another tablespoon of sesame oil to pan. Add the noodles, spinach, salt and pepper.
- 9 Cook over high heat, stirring for 1 to 2 minutes.
- 10 Combine noodle mixture with vegetables and sesame seeds.
- 11 Transfer to a warm platter and serve.