



Classie and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Japchae *Pronounced: Chaap-Chay* (4-6 servings)

Ingredients

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| 1 Tbsp extra-virgin olive oil | 8-oz dried Korean Sweet Potato Glass Noodles |
| 1 Tbsp tamari, or soy sauce | 3 Tbsps soy sauce, or tamari |
| 1 Tbsp cornstarch | 2 Tbsps brown rice syrup or brown sugar |
| 15-oz package extra firm tofu - <i>cut into ½ cubes</i> | 1 tsp sea salt, divided, <i>plus more as needed</i> |
| 1 large carrot | 2 Tbsps toasted sesame oil, <i>divided</i> |
| 1/2 large yellow onion - <i>medium sliced</i> | 1 Tbsp vegetable, or canola oil |
| 5 large fresh shiitake mushrooms | 1/4 teaspoon freshly ground black pepper, <i>plus more as needed</i> |
| 2 cloves garlic - <i>chopped</i> | 1 Tbsp toasted white, or black sesame seeds, <i>plus more for garnish</i> |
| 5-oz package baby spinach - <i>about 5 packed cups</i> | |
| 1 medium scallion (<i>optional</i>) | |

Preparation

- Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper.
- Drain the tofu and use paper towels to gently squeeze out some of the water.
- Slice the tofu into ½ cubes.
- Line a cutting board with towels and arrange the tofu in an even layer on the towel(s).
- Fold the towel(s) over the cubed tofu, then place something heavy on top to help the tofu drain.
- Let the tofu rest for 30 minutes.
- Transfer the pressed tofu to a medium mixing bowl and drizzle with the olive oil and tamari. Toss to combine.

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- Sprinkle the cornstarch over the tofu, and toss the tofu until it is evenly coated, so there are no powdery spots remaining.
- Place tofu on the prepared baking sheet and arrange in an even layer. Bake for 25-30 minutes (tossing the tofu halfway) until deeply golden on the edges.
- Peel carrot and cut crosswise into thirds. Cut each piece lengthwise into 1/4-inch thick, julienned.
- Thinly slice 1/2 large yellow onion (about 1 cup).
- Trim the stems from fresh shiitake mushrooms and thinly slice the caps (about 2 cups).
- Finely chop 2 garlic cloves and pile on top of the mushrooms.
- Thinly slice 1 medium scallion (optional).
- Place chopped vegetables and baby spinach in separate piles on a rimmed baking sheet, or large plate:
- Place soy sauce, brown rice syrup and 1/2 tsp of the sea salt in a small bowl and stir until combined.
- Bring a large saucepan of heavily salted water to a boil over high heat.
- Add the noodles to the boiling water and stir to separate them. Boil until cooked through, about 5 minutes.
- Drain the noodles in a colander and rinse with cold water until cool. Drizzle with one Tbsp of sesame oil and toss to coat.
- Heat one Tbsp of vegetable oil in a large frying pan. Add the carrot, onion, remaining sea salt, and 1/4 tsp of black pepper. Cook, stirring occasionally, until the onion is softened and starting to brown, 6 to 8 minutes.
- Add the mushrooms and garlic, stirring occasionally, scraping up the browned bits from the bottom of the pan with a wooden spoon, until the mushrooms are tender, 3 to 4 minutes.
- Add the spinach and cook until mostly wilted, about 2 minutes.

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- Add the reserved noodle, soy sauce mixture. Toss until heated through and the noodles are evenly coated approx. 2 to 3 minutes.
- Remove the pan from the heat.
- Add the roasted tofu and drizzle with the remaining tablespoon of sesame oil.
- Sprinkle with a tablespoon of toasted white sesame seeds, and gently toss to combine.
- Taste and season with more sea salt and black pepper as needed.
- Garnish with the scallions and more sesame seeds.
- Serve warm or at room temperature.