



Korean Glass Noodle Stir Fry

4 servings

25 minutes

Ingredients

8 ozs Cellophane Noodles (Korean glass noodles)
3 tbsps Vegetable Oil
1/2 Yellow Onion (sliced)
2 Garlic Cloves (minced)
1 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 Carrot (medium, julienned 1/8 inch thick)
5 Shiitake Mushrooms (large, sliced 1/3 inch thick)
Sea Salt & Black Pepper (to taste)
6 ozs Green Cabbage (chopped)
1/4 cup Soy Sauce
2 tsps Sesame Oil
2 tbsps Rice Wine Vinegar
2 tbsps Mirin
1 tbsp Maple Syrup
1 tbsp Toasted Sesame Seeds
2 stalks Green Onion (chopped, for garnish, optional)

Directions

- 1 Cook the glass noodles according to the instructions (don't overcook them). Drain the water and transfer the hot noodles to a large bowl.
- 2 In a small mixing bowl, pour soy sauce, sesame oil, mirin, rice vinegar, and maple syrup. Add hot noodles to flavor and absorb the sauce.
- 3 Add oil to a frying pan over medium heat. Once the pan is hot, add onion, garlic, and mushrooms and stir fry for 2 minutes until fragrant. Add water to prevent sticking if needed.
- 4 Add carrot, bell pepper, and cabbage. Season with salt and pepper and stir fry for 1-2 minutes until the veggies slightly soften. Don't overcook: they should stay crisp.
- 5 Add the seasoned glass noodles to the pan. Toss everything together and sprinkle with sesame seeds and green onion.

Notes

Substitutions: Replace mushrooms with a medium eggplant, chopped into long chunks.
Leftovers: Store in an airtight container in the fridge for 3 days.