



Jjajang noodles

with Evergreen fresh la mian noodles



Our veganised version of this Korean classic features mushrooms, potato, cabbage and Evergreen fresh la mian noodles, coated in a rich, dark, glossy sauce of roasted fermented soybeans. Topped with fresh julienned cucumbers.

Adventurous, Great for leftovers



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, large pot



Pantry items needed: olive oil, corn starch, salt, freshly ground black pepper



Hands-on: 30-35 minutes
Ready in: 30-35 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Mushrooms	170g	340g
Potato	150g	300g
Zucchini	180g	360g
Brown onion	90g	180g
Garlic	12g	24g
Green cabbage	160g	320g
Cucumber	150g	300g
Jjajang seasoning	1 tub	1 tub
Water for jjajang*	½ cup	1 cup
Evergreen la mian fresh wheat noodles	1 packet	1 packet
Olive oil for vegetables*, divided	2 tsp	4 tsp
Salt*	½ tsp	1 tsp
Freshly ground black pepper*	½ tsp	1 tsp
Olive oil for jjajang*	2 tbsp	4 tbsp
Korean soybean paste	1 tub	1 tub
Corn starch*	1 tbsp	2 tbsp
Water for cornstarch*	3 tbsp	6 tbsp

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Slice **mushrooms**. Peel **potato**. Dice **potato**, **zucchini** and **onion** into 1cm cubes. Mince **garlic**. Thinly slice **cabbage**. Peel **cucumber**, slice in half lengthways, deseed (see tip) and cut into matchsticks. In a small bowl, mix **jjajang seasoning** with **water for jjajang***.

2. Cook noodles

Fill a medium pot $\frac{2}{3}$ -full with water and bring to a boil. Add **noodles** and cook for **9 minutes**. Drain and rinse **noodles** in a sieve under cold water and set aside.

3. Stir-fry vegetables

In a large pot over medium-high heat, add **half** the **olive oil for vegetables***. When hot, add **mushrooms** and cook, stirring constantly, for **4 minutes**. Remove from the pan and set aside. In the same wok/pan over medium-high heat, add remaining **olive oil for vegetables***. When hot, add **potato**, **zucchini**, **onion**, **garlic**, **cabbage**, **salt*** and **pepper*** and cook, stirring constantly, for **4 minutes**. Remove from the pan and set aside.

4. Make jjajang

In the same large pot over medium-low heat, add **olive oil for jjajang***. When hot, add **Korean soybean paste** directly into **oil**, stir vigorously to combine. Working quickly, add **mushrooms** and **stir-fried vegetables** and toss to coat. Stir in **jjajang seasoning**, bring to a boil, reduce to a simmer and cook, covered, until **potatoes** are cooked, about **8 minutes**.

5. Finish jjajang

In a small bowl, mix **corn starch*** and **water for cornstarch***. Stir into the **vegetables** and cook until thickened, about **1 minute**. Add **noodles** and toss until combined and hot, about **2 minutes**.

6. Serve

Serve **jjajang noodles** in bowls and top with **cucumber**.

Cooking tips

1. Deseed cucumber slicing in half lengthways and by running a teaspoon along the inner centre.

Eat your way
to healthy!



Mushrooms are low in calories but packed with many health-boosting vitamins, minerals, and antioxidants, including vitamins B1, B2, B3, B5, B6, B9, selenium, magnesium, phosphorus, copper, potassium. They are also a source of protein and fibre.

Mushrooms have been linked to a range of health benefits, including lower risk of cancer, heart disease and diabetes, improved immune system, better gut health and weight loss.

Nutritional information*

	Per 455g serve	Per 100g
Energy	2979kJ (713Cal)	655kJ (157Cal)
Protein	19.7g	4.3g
Fat, total	21.6g	4.7g
- Saturated	3.6g	0.8g
Carbohydrate	103.0g	23.0g
- Sugars	11.0g	2.0g
Sodium	883mg	194mg

* Nutritional information is based on averages