Japchae

with Nhu Quynh fresh fried tofu



Make this dish within **3 days** of receiving your meal kit

Cooking equipment: medium pot, wok / large frying pan

Pantry items needed: vegetable oil

Hands-on: 20 minutes
Ready in: 20 minutes

Serves: 2 or 4

This savoury and slightly sweet dish of stir-fried glass noodles - made from sweet potato - is popular in Korean cuisine. Our simplified version features handmade Nhu Quynh fresh fried tofu cubes, red capsicum and carrot. The name of this Just Add Vegan team favourite directly translates to 'mixed and stirred'. It is the perfect quick midweek dinner!



Nhu Quynh Fresh Fried Tofu Cubes

(240g) $6

Featured as part of this meal kit and available to add to your next order.

NO ADDED GLUTEN | Adventurous, Quick & easy

Before you start

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

Ingredients

	2 serves	4 serves
Garlic	4g	8g
Brown onion	90g	180g
Carrot	120g	240g
Mushrooms	100g	200g
Red capsicum	130g	260g
Spring onion	30g	60g
Sweet potato noodles	1 packet	2 packets
Vegetable oil*	1 tbsp	2 tbsp
Fresh fried tofu cubes	1 packet	2 packets
Japchae sauce	137g	274g
Toasted sesame seeds	10g	20g

** Pantry items*

Allergens and ingredients

Allergens: soy, sesame.

May contain traces of other allergens.

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

Instructions

1. Prepare vegetables

Mince **garlic**. Halve and thinly slice **onion**. Cut **carrot** into thin batons. Thinly slice **mushrooms**, **capsicum** and **spring onion**.

2. Cook noodles

Fill a medium pot ⅔-full with water and bring to a boil. Add **noodles** and cook for **8 minutes**. Drain into a sieve, rinse with cold water and set aside.

3. Cook japchae

In a wok / large frying pan over medium heat, add **vegetable oil***, **garlic**, **onion**, **carrot**, **mushrooms** and **capsicum** and cook until softened, about **4 minutes**. Add **noodles**, **tofu** and **japchae sauce** and stir constantly until **sauce** has reduced and thickened, about **2 minutes**.

4. Serve

Serve **japchae** topped with **spring onion** and toasted **sesame seeds**.

Eat your way to healthy!



Capsicums are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are also high in many other vitamins, including E, A, B6, B9, K1, and minerals, such as potassium and iron, which is absorbed better when paired with vitamin C, preventing conditions such as iron deficiency and anaemia.

Nutritional information*

	Per 510g serve	Per 100g
Energy	2749kJ (657Cal)	539kJ (129Cal)
Protein	22.0g	4.3g
Fat, total	31.4g	6.2g
- Saturated	3.0g	0.6g
Carbohydrate	66.4g	13.0g
- Sugars	21.8g	4.3g
Sodium	2218mg	435mg

** Nutritional information is based on averages*