

# Japchae Korean Glass Noodles

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-noodle-recipe-japanese>

## Ingredients:

- 1/2 pound beef cut into 3" long thin strips, such as sirloin, chuck, short ribs or tri-tip
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 1/2 tablespoon sesame oil
- 1/2 tablespoon mirin Seasoned rice wine, if you don't have it, leave it out
- 1 clove garlic chopped
- 2 eggs lightly beaten
- 1/2 onion medium size, thinly silced
- 1 1/4 bell pepper fine julienne
- 1/2 carrot large size, fine julienne
- 5 shiitake mushrooms thinly sliced, You can substitute to any other mushrooms
- 12 ounces spinach 1 large bunch, cleaned well
- salt
- vegetable oil
- 16 ounces sweet potato noodle Korean, Dangmyun
- 1/3 cup soy sauce
- 1/3 cup sugar honey or agave nectar, if you are using agave, add additional 1 tbsp soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon sesame seeds
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 95 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams

8. Sodium: 1180 milligrams
  9. Sugar: 15 grams
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