



CHICKEN JAPCHAE NOODLES

Korean 'Glass' Noodles with Chicken, Vegetables & Toasted Sesame Seeds in a Sweet/Savory Sauce

Korean food is something new to me, so I was excited to look up as many new dishes as I could. This one uses 'Glass' noodles. They are made from sweet potato starch and can be found in the Asian aisle at your supermarket. Once cooked, they are nearly translucent, with an AWESOME texture. You will absolutely love 'em.

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin, bite sized pieces
- 1/4 tsp baking soda, dissolved in 1 tsp water
- 1 Tbsp sauce, see below

Sauce:

- 3 Tbsp PLUS 1 tsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 5 medium garlic cloves, minced
- 3 Tbsp sweetener o' choice (I used Lakanto monkfruit)
- 1 Tbsp rice vinegar
- 1 tsp sesame oil
- 1/4 tsp each: salt, and cracked black pepper

Vegetables:

- 1 LAAAARGE onion, halved, sliced into strips
- 8oz sliced mushrooms (white, shitaki, oyster, whatever)
- 1-1/4 cup carrot, 'shredded' (long strips, like for coleslaw)
- 1 large yellow bell pepper, sliced into thin strips
- 1/2 cup green onion, sliced into 2" pieces, loosely packed
- 5-7oz baby spinach, rough chopped (see notes)

Additional Ingredients:

- 8oz uncooked sweet potato 'glass' noodles (see notes)
- 1 tsp toasted sesame seeds

Directions:

1. Mix all of the sauce ingredients together. Set aside. Combine the chicken, baking soda mixture and 1 Tbsp of the sauce. Set aside for 20-30 minutes.

Servings Info.:

Yield: 12 cups
 Servings: 8
 Serving Size: 1.5 cups



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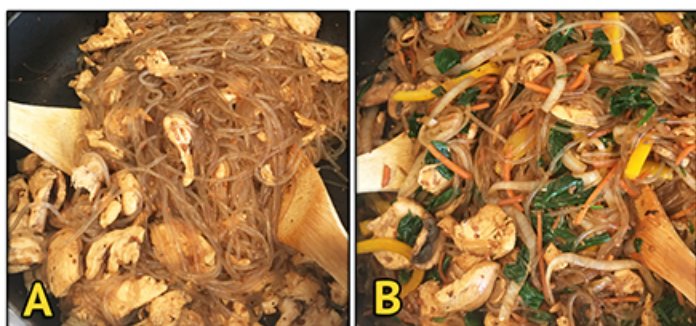
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2. (A) Boil the 'glass' noodles, according to package directions. Rinse under cold water to stop the cooking process. (B) Use kitchen shears to snip the noodles a few times, then set aside. (C) In a small little pan or pot, heat sesame seeds over medium-low heat, till lightly browned. Set aside. (D) Heat a large pan over High heat for 1 minute. Spray with cooking spray, then add the chicken. Cook until just cooked through, then pour the cooked chicken into a bowl and return pan to the heat.



3. (A) Add onions to the hot pan, cook for 2-3 minutes or until just browning. Pour cooked onions into a large bowl, return pan to heat. (B) Add the carrots, mushrooms and a splash of water to the pan. Cook for 2 minutes, or till the mushrooms are just browning. Pour veggies into the same bowl as the onions. (C) Return pan to heat, spray with cooking spray, then add bell pepper, cook for 1 minute. Add the green onions, cook for 1 more minute. Pour into the bowl with the other cooked veggies. (D) Return pan to heat and add spinach. Cook till slightly wilted, then add to the bowl of cooked vegetables.



4. (A) Reduce heat to medium, then return the chicken to the pan, along with the sauce and noodles. Toss and toss the chicken, noodles and sauce, until the sauce has been almost completely absorbed into the noodles, turning them a dark brown color. (B) Add the big bowl's vegetables to the pan, then carefully. Add all of the toasted sesame seeds into the pan, then gently fold all of the ingredients together, repeatedly. It'll take a few minutes, but keep folding and tossing the contents of the pan, till the the entire dish is a nice, dark, uniform color. Done.

SPECIAL NOTE:

The reason why so many of the veggies are being cooked separately, then added together at the end... is because there is a ton of them in this recipe. If we try to cook them all together, they'll all be piled in the pan. We don't want steamed vegetable mush.

NOTES:

- **SWEET POTATO 'GLASS' NOODLES:** These noodles are made from the starch of sweet potatoes. You can find these in the Asian aisle of the grocery store, where they sell Asian-style noodles. My store sold them in small 3.5oz packages, so I actually had to buy 3 bags, then weigh 8oz. If you cannot find them, feel free to substitute them with spaghetti, as once cooked, the noodles are the same exact size. The texture of 'glass' noodles... is unique. For you folks who have never had them before, I HIGHLY recommend giving them a try. The noodles are nearly see-through, and have a slight chewy 'bounce' to them. It makes for a very, very unique "mouth-feel" for a noodle dish. Also, in case anyone needs to know, for tracking, my recipe uses 26 points-worth of them.
- **SHIRATAKE NOODLES:** Believe it or not, those 0 point noodles that come in sealed bags of water, are actually really good substitutions for glass noodles, in Asian dishes.
- **CARROTS:** Ok, this caused some confusion in prior recipes. When I say 'shredded carrots', I mean the bagged, shredded carrots you find in the produce department of your grocery store. The carrots are in long, very, very thin matchsticks, like you'd find in coleslaws. They aren't truly shredded, like you'd get from a hand grater.
- **SPINACH:** I'm not going to be an exact-measurment kind of guy with this. Different stores carry different sized small bags of spinach. Get anything in-between 5 to 7 ounces.

