



Product Spotlight: Sweet Potato Noodles

Sweet potato noodles, also known as "glass noodles", have a lovely chewy texture and become translucent when cooked.



Japchae Glass Noodles

with Tofu

Korean sweet potato glass noodles with stir fried with vegetables, flavourful mushrooms and firm tofu tossed in a savoury sesame sauce. This dish is delicious served hot or even cold the next day!



25 minutes



2 servings



Plant-Based

Make summer rolls!

Have any leftovers? This stir-fry is still delicious served cold so you can roll any leftovers up in rice paper rolls for lunch!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	14g	50g

FROM YOUR BOX

GARLIC CLOVE	1
SWEET POTATO NOODLES	2 packets
BROWN ONION	1
FIRM TOFU	300g
CARROT	1
MUSHROOMS	1 punnet
BABY SPINACH	1 bag
CHIVES	1 bunch
SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

You can toast the sesame seeds for extra flavour if preferred.



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1. PREPARE THE SAUCE

Bring a saucepan of water to boil (for step 2).

Meanwhile, combine **crushed garlic clove** with **1/4 cup soy sauce**, **1 tbsp sugar** and **1 tbsp sesame oil**. Set aside.



2. COOK THE NOODLES

Add **noodles** to boiling water in saucepan and cook for 4-5 minutes until tender. Drain and rinse under cold water. Toss with **2 tsp sesame oil** and set aside.



3. PREPARE THE STIR-FRY

Slice **onion** and **tofu**. Julienne **carrot**. Slice **mushrooms**. Set aside with **spinach**.



4. COOK THE STIR-FRY

Heat a frypan or wok over high heat with **1 tbsp sesame oil**. Add **onion** and cook for 2-3 minutes, tossing. Add **tofu**, **mushrooms**, **carrot** and **spinach**. Cook for 2 minutes. Turn down heat to medium. Add **noodles** and **sauce**. Toss until combined. Season with **soy sauce** to taste.



5. FINISH AND SERVE

Slice **chives** and use to garnish noodles along with **sesame seeds** (see notes).

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