

# Stir-Fried Korean Sweet Potato Noodles (Japchae) with Kale

## Ingredients

- One bunch of kale (about 12 oz.)
- 4 cloves of garlic
- 1 medium-sized onion
- 8 oz. shiitake or cremini mushrooms
- 1 large red bell pepper
- 2 medium-sized zucchinis
- 3.5 oz. enoki mushrooms
- 3 scallions
- ¼ cup soy sauce
- ¼ cup mirin
- 3 tbsp. [vegetarian oyster sauce](#)
- 12 oz. [sweet potato starch noodles](#)
- Vegetable oil, for cooking
- Sesame seeds, to garnish

## Steps

1. Start by washing and chopping all your vegetables. Remove the stems of the kale, and tear into fairly large pieces. Mince the garlic, and slice the onions into thin half-moons. Chop the shiitakes or creminis and chop the dirty end of the enoki. Cut the bell pepper into small pieces, and chop the scallions. Use a spiralizer to make zucchini “noodles”. Set all of this aside. Combine the soy sauce, mirin, and vegetarian oyster sauce in a small bowl, and whisk together. Set aside.

2. Bring a large pot of water to a boil. Add the sweet potato noodles and cook for about 5 minutes, until soft. Remove the noodles and run under cold water. Set aside. Next place the kale in the boiling water, and cook for a few minutes until soft. Drain and shock under cold water.

3. Heat a little oil on a medium-high heat in a large wok or skillet. Add the onions and garlic, and sauté for a minute until fragrant. Add the shiitake or cremini mushrooms and bell peppers, and cook for another couple minutes. Next add the zucchini noodles and sweet potato noodles, and sauté, stirring occasionally, until some of the noodles are more golden. Lower the heat to medium, and add the sauce, blanched kale, and enoki mushrooms. Stir until it’s all well combined, and the sauce is well distributed. Remove from the heat, add the scallions and sesame seeds, and serve.

