



HEALTHY

Korean Chicken Japchae

with Sesame Seeds



20-30min



2 Portions

Japchae is a traditional Korean dish that can be eaten hot or cold, where ingredients are usually cooked separately and tossed together just before serving. There are many variations, depending on the cook, but the one constant is the type of noodle used. Called daeng myun, these long noodles are made from sweet potato starch and are greyish when dried. Cooked, they're slightly chewy and transl...

What we send

- 1,2,4,11
- 11
- 11

What you'll require

- neutral-flavoured oil
- soy sauce ⁶
- sugar
- water
- white vinegar

Utensils

- julienne peeler or box grater
- large frypan
- medium saucepan
- sieve

Our veggies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Shellfish (2), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 540kcal, Fat 21.7g, Carbs 49.2g, Protein 33.9g



1. Prepare vegetables

Read through the recipe. Bring a medium saucepan of salted water to the boil for the noodles. Thinly slice the **onion**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater.



2. Prepare chicken

Trim and coarsely chop the **choy sum**. Thinly slice the **chicken**. Put the **oyster sauce, 1 tsp soy sauce, 1 tsp white vinegar, 1 tsp sugar and 1 tsp water** in a bowl and stir to dissolve the sugar. Set aside.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 8 mins or until tender. Drain and rinse under cold water. Put the noodles in a large bowl, add the **sesame oil** and toss to coat.



4. Stir-fry chicken

Meanwhile, heat **3 tsp oil** in a large frypan over high heat. Stir-fry the **chicken** for 3-4 mins until browned and cooked through. Remove from the pan.



5. Stir-fry vegetables

Heat **1 tsp oil** in the same pan. Stir-fry the **onion** for 2 mins or until almost tender. Add the **choy sum** and **carrot** and stir-fry for a further 2 mins or until almost tender.



6. Get ready to serve

Add the **oyster and soy sauce mixture** to the vegetables. Return the **chicken** and **noodles** to the pan. Stir-fry until heated through. Divide the **stir-fry** among bowls and scatter with the **sesame seeds** to serve.