

Japchae (Korean Glass Noodle Stir-Fry) Recipe

Vegetarian Japchae uses dangmyeon (당면, 唐麵, glass noodle), is a vibrant and satisfying Korean stir-fry that celebrates the harmony of simple ingredients. Springy sweet potato noodles are tossed with an colorful assortment of individually cooked vegetables—like spinach, carrots, and bell peppers—and pan-fried tofu. Everything is brought together in a signature savoury-sweet sesame sauce, creating a deliciously balanced meal that is naturally meat-free.



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Sweet potato noodles	250	g	250	g
Mushrooms (stalks removed)	6-8	----	6-8	----
Carrots	2	----	2	----
Red Capsicum	1/2	----	1/2	----
Green Capsicum	1/2	----	1/2	----
Firm Tofu (blocks)	3-4	----	3-4	----
Eggs	2	----	2	----
Baby Spinach	130	g	130	g
Seasoning & Dressing				
Sesame Seed Oil (Tbsp)	5	----	5	----
Soy Sauce (Tbsp)	2	----	2	----
Sugar (Tbsp)	2	----	2	----
Salt (Add to taste)		----		----
Sesame Seeds (for garnish)		----		----

Shopping List

Ingredients	Have it	Quantity
Sweet potato noodles	☐	
Mushrooms (stalks removed)	☐	
Carrots	☐	
Red Capsicum	☐	
Green Capsicum	☐	
Firm Tofu (blocks)	☐	
Eggs	☐	
Baby Spinach	☐	
Seasoning & Dressing	☐	
Sesame Seed Oil (Tbsp)	☐	
Soy Sauce (Tbsp)	☐	
Sugar (Tbsp)	☐	
Salt (Add to taste)	☐	
Sesame Seeds (for garnish)	☐	
	☐	
	☐	

Sample Instructions

- Prepare the Mushrooms:** Soak the mushrooms—either overnight in room-temperature water or for 2 hours in hot water until softened.
- Prepare Ingredients:** Once soaked, julienne (cut into thin matchsticks) the carrots, red and green capsicums, tofu, and the rehydrated mushrooms. Crack the eggs into a bowl, add a pinch of salt, and whisk well.
- Cook Ingredients Separately:** Heat a pan with a little oil and cook each ingredient one after the other to preserve their colours.
 - Egg Omelette:** Pour the whisked egg into the pan and cook for about 30 seconds on each side. Remove, let it cool slightly, then slice into thin strips.
 - Tofu:** Pan-fry the julienned tofu until golden brown. Remove and set aside.
 - Carrots & Capsicums:** Stir-fry the julienned carrots and capsicums until cooked but still slightly crisp. Remove and set aside.
 - Mushrooms:** Stir-fry the julienned mushrooms until cooked.
 - Spinach:** Add a little hot water to the pan, stir-fry the baby spinach until wilted, and drizzle in a little sesame oil.
- Cook the Noodles:** In a pot of boiling water, cook the sweet potato noodles for about 8 minutes. Drain the hot water using a colander and rinse briefly.
- Season the Noodles:** In a large mixing bowl, add 3 tbsp of sesame oil then add the drained noodles and toss. Then, mix in 2 tbsp soy sauce, 2 tbsp sugar, and another 2 tbsp sesame oil. Toss everything evenly until the noodles are well-coated. Tip: You can use kitchen scissors to cut the noodles for easier mixing and eating.
- Combine and Serve:** Add all the cooked ingredients (tofu, egg, and vegetables) on top of the seasoned noodles. Sprinkle with sesame seeds. Gently mix everything together. Taste and adjust seasoning with extra soy sauce or sugar if needed. Serve warm and enjoy!

All Recipes

