

Korean Glass Noodles (Chap Chae)

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Recipe source: [Steamy Kitchen](http://SteamyKitchen.com)



INGREDIENTS:

- 1/2 pound dried Korean sweet potato noodles
- 3 1/2 teaspoons sesame oil, divided
- 1 tablespoon cooking oil
- 3/4 cup thinly sliced onions
- 2 carrots, cut into matchsticks
- 2 cloves garlic, finely minced
- 3 stalks green onions, cut into 1" lengths
- 1/2 cup dried* or fresh mushrooms, thinly sliced (shitake, wood ear)
- 1/2 lb spinach, washed well and drained
- 2 tablespoons soy sauce
- 2 teaspoons sugar
- 1 tablespoon sesame seeds

**Rehydrate the mushrooms if you are using dried*

DIRECTIONS:

- Boil a large pot of water. When water is boiling, add the noodles and cook for 5 minutes. Immediately drain and rinse with cold water. Drain again and then use kitchen shears to cut noodles into shorter pieces, about 8 inches in length. Toss with 2 teaspoons of the sesame oil. Set aside.
- Mix soy sauce and sugar together in a small bowl. Set aside.
- Add the cooking oil to a wok or large sauté pan on high heat and swirl to coat. When the cooking oil is hot but not smoking, sauté onions and carrots, until just softened, about 1 minute.

- Add the garlic, green onions and mushrooms, sauté 30 seconds.
- Then add the spinach, soy sauce, sugar and the noodles. Cook 2-3 minutes until the noodles are cooked through.
- Turn off heat, toss with sesame seeds and the remaining 1 1/2 tsp of sesame oil.