



Japchae

with Nhu Quynh fresh fried tofu



Glass noodles, or dangmyeon in Korean, are made from sweet potato. The name of this Just Add Vegan team favourite directly translates to 'mixed and stirred', making it the perfect quick midweek dinner!

NO ADDED GLUTEN | Adventurous, Quick & easy



Make this dish within **3 days** of receiving your meal kit



Cooking equipment: medium pot, wok / large frying pan



Pantry items needed: vegetable oil



Hands-on: 20 minutes

Ready in: 20 minutes



Serves: 2 or 4



Nhu Quynh Fresh
Fried Tofu Cubes

(240g) \$6

Featured as part
of this meal kit and
available to add to
your next order.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Garlic	6g	12g
Brown onion	90g	180g
Carrot	120g	240g
Mushrooms	100g	200g
Red capsicum	130g	260g
Spring onion	30g	60g
Sweet potato noodles	1 packet	2 packets
Vegetable oil*	1 tbsp	2 tbsp
Fresh fried tofu cubes	1 packet	2 packets
Japchae sauce	1 tub	1 tub
Toasted sesame seeds	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Mince **garlic**. Halve and thinly slice **onion**. Cut **carrot** into thin batons. Thinly slice **mushrooms**. Deseed, halve and thinly slice **capsicum**. Thinly slice **spring onion**.

2. Cook noodles

Fill a medium pot $\frac{3}{4}$ full with water and bring to a boil. Add **noodles** and cook for **8 minutes**. Drain into a sieve, rinse with cold water and set aside.

3. Cook japchae

In a wok / large frying pan over medium heat, add **vegetable oil***, **garlic**, **onion**, **carrot**, **mushrooms** and **capsicum** and cook until softened, about **4 minutes**. Add **noodles**, **tofu** and **japchae sauce** and stir constantly until **sauce** has reduced and thickened, about **2 minutes**.

4. Serve

Serve **japchae** into deep bowls and sprinkle with **spring onion** and toasted **sesame seeds**.

Eat your way
to healthy!



Capsicums are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are also high in many other vitamins, including E, A, B6, B9, K1, and minerals, such as potassium and iron, which is absorbed better when paired with vitamin C, preventing conditions such as iron deficiency and anaemia.

Nutritional information*

	Per 510g serve	Per 100g
Energy	2289kJ (547Cal)	449kJ (107Cal)
Protein	16.3g	3.2g
Fat, total	23.8g	4.7g
- Saturated	2.6g	0.5g
Carbohydrate	62.4g	12.2g
- Sugars	18.4g	3.6g
Sodium	1929mg	378mg

* Nutritional information is based on averages