

Korean Stir-Fried Sweet Potato Vermicelli

40 minutes

Ingredients (4 servings)

1 (400g) bag sweet potato vermicelli
1 yellow onion
4 cloves garlic
1 sweet pepper
3 medium carrots
4 green onions
30 grams Shiitake mushrooms
50 grams spinach
1/3 c tamari or soy sauce
2 tbsp maple syrup
2 tbsp sesame oil
1/8 tsp black pepper
Salt and oil for frying



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Put a large pot of water on high heat to boil. Peel and julienne carrots, slice mushrooms, cut onion into 1/4" wedges, thinly slice pepper, grate the garlic, cut green onions into 2" lengths, and roughly chop spinach.
2. Drop vermicelli into boiling water along with a glug of oil and cook for 6 minutes then drain into a colander and run cold water over the noodles until completely cooled. Set colander of cooked noodles aside.
3. Place a large sauté pan over medium heat and add a glug of olive oil. Once heated add the mushrooms and sauté for a minute and then stir in the onions. Allow onion to brown on one side and then add the carrots, peppers, and green onions. Cook for 2 to 3 minutes or until carrots are soft. Add spinach and remove from heat. Season with salt and set aside.
4. Return the large sauté pan to medium heat and add seasoning mix (tamari, maple syrup, sesame oil, pepper) and garlic. Bring to a simmer and then add the cooked noodles, turning them over carefully until they are evenly coated and have turned glassy.
5. Return the vegetables to the pan and toss.
6. Enjoy!