Korean sweet potato noodles stir-fry

NIBBLEDISH CONTRIBUTOR

Ingredients

Main ingredients:

- 250 grams of Korean sweet potato noodles
- 400 grams of lean beef sirloin, sliced
- 1 tablespoon of soy sauce
- 1 teaspoon of sesame oil
- 5 dried shitake mushrooms, rehydrated in 1/2 cup of hot water, stems removed, sliced
- 1 teaspoon of soy sauce
- 1 teaspoon of sesame oil
- pinch of sugar
- 300 grams of spinach
- 1 red onion, sliced
- 1 carrots, cut into 5-inch julienne
- 1 red bell pepper, cut into 2-inch strips
- 1/2 green bell pepper, cut into 2-inch strips
- 300 grams of string bean, steamed, cut in 2-inch sections
- 2 tablespoons chopped green onion
- 2 teaspoons of finely minced ginger
- 2 teaspoon of chopped garlic
- oil

For the sauce:

- 3 tablespoons soy sauce
- 2 tablespoons sugar
- 1 tablespoon honey
- 1 tablespoon rice wine
- 1 tablespoon sesame oil
- 1 tablespoon sesame paste

- dash of freshly grounded black pepper

Instructions

1. Marinate beef in soy sauce and sesame oil for about 1 hour.
2. Place noodles in a large bowl. Pour boiling water to immerse and soak noodles until pliable, about 20 minutes. Drain and rinse under cool water.
3. Blanch spinach in boiling water about 1-2 minutes, rinse in cold water, drain.
4. Mix shitake slices with 1 teaspoon of soy sauce, 1 teaspoon of sesame oil and pinch of sugar.
5. Heat 1 tablespoon of oil, fry half of ginger and half of garlic, add beef, fry till beef is no longer pink. Remove from the wok.
6. Heat 1 tablespoon of oil, fry remaining ginger and garlic, pour in water from mushrooms and sauce, mix well. Add noodles, fry till all liquid is absorbed. Remove from the wok.
7. Heat 1 teaspoon of oil and fry onion about 3 minutes, then remove.
8. Heat 1 teaspoon oil and fry bell peppers about 5 minutes, then remove.
9. Heat 1 teaspoon of oil and fry shitake about 3 minutes, then remove.
10. Return noodles, meat and all vegetables to the wok, mix well. Fry about 3 minutes till all ingredients are warmed up.
11. Serve sprinkled with spring onion.