

Korean Stir-Fried Beef Chapchae

with Sweet Potato Vermicelli

This traditional Korean dish gets its signature flavor from a special kind of chili powder. Gochugaru is made from sun-dried red chilies. It's hot, sweet and slightly smoky. For the base of this dish, we're using a special kind of noodle made from sweet potatoes. These springy noodles are also called "glass noodles" because of their beautiful translucence.



Ingredients

- 10 Ounces Chuck Tender Beef
- ½ Head Broccoli
- 3 Scallions
- 2 Cloves Garlic
- 2 Teaspoons Sesame Oil
- 2 Teaspoons Light Brown Sugar
- 1 1-Inch Piece Ginger
- 1 Carrot
- 1 Teaspoon Gochugaru
- 6 Ounces Sweet Potato Vermicelli Noodles
- 1 Tablespoon White Sesame Seeds
- 2 Tablespoons Soy Sauce

Makes 2 Servings
About 675 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the broccoli into small florets. Cut off and discard the roots of the scallions. Thinly slice the scallions on an angle, separating the white bottoms and green tops. Peel and mince the garlic and ginger. Peel and cut the carrot into thin matchsticks. Thinly slice the beef against the grain and place in a bowl with the **brown sugar, sesame oil** and **as much of the gochugaru as you'd like**, depending on how spicy you'd like the dish to be; toss to thoroughly coat. Let stand to marinate as you continue cooking.



Cook the noodles:

Once the water is boiling, add the **vermicelli** and cook 6 to 8 minutes, or until tender. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process.



Toast the sesame seeds:

While the noodles cook, in a large pan (nonstick, if you have one), toast the **sesame seeds** on medium, stirring frequently, 2 to 3 minutes, or until lightly browned. Transfer the toasted sesame seeds to a bowl and set aside. Wipe out the pan.



Cook the beef:

Heat the same pan used to toast the sesame seeds on medium-high until hot. Add the **marinated beef** and season with salt. Cook, stirring occasionally, 2 to 3 minutes, or until just cooked through. Transfer the cooked beef to a plate, leaving any drippings in the pan, and set aside as you continue cooking.



Cook the vegetables:

Add 2 teaspoons of oil to the pan of drippings and heat on medium until hot. Add the **carrot** and **broccoli** and season with salt. Cook, stirring occasionally, 2 to 4 minutes, or until slightly softened. (If the pan looks dry, add a couple more teaspoons of oil.) Add the **garlic, ginger** and **white parts of the scallions**. Cook 1 to 2 minutes, or until slightly softened and fragrant.



Finish & plate your dish:

Rinse the **cooked noodles** under cold water to loosen them. Add the rinsed noodles to the pan of vegetables, along with the **cooked beef** (and any juices on the plate) and **as much of the soy sauce as you'd like**. Increase the heat to medium-high and cook 30 seconds to 1 minute, or until well combined and heated through. Remove from heat. To plate your dish, divide the **stir-fry** between 2 plates. Garnish with the **green parts of the scallions** and **toasted sesame seeds**. Enjoy!