

Korean Japchae (Stir-fried Glass Noodles) + Sweet Soy Splash + Frosty Banana Milk Smoothies



korean japchae (stir-fried glass noodles)

boil+measure+whisk

In a medium pot, boil 8 cups of water. Turn off heat and add **8 ounces of sweet potato noodles** to the hot water, making sure all noodles are submerged. Noodles will cook in hot water off the heat. Meanwhile, measure and whisk together ingredients for Sweet Soy Splash (recipe below)!

drain+drizzle+mix

Once noodles are tender to the bite, drain them and drizzle with half of the Sweet Soy Splash. Mix so that all noodles are coated, then set aside while you slice and grate the vegetables.

slice+grate

Slice **2 green onions**, **1 head of baby bok choy**, **a handful of button mushrooms**, and **1 red bell pepper** into thin pieces. Grate **1 large carrot** or slice into matchsticks.

sauté+mix+sprinkle

Heat a sauté pan and add the rest of the Sweet Soy Splash to the pan. Add veggies and sauté until tender, about 2-3 minutes. Add noodles and heat through, making sure to mix all vegetables evenly with the noodles. Serve with a sprinkle of **sesame seeds** on top!

::continued::

Family Fun Recipes

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sweet soy splash

smash+measure+whisk

Smash **1 clove of garlic** using the palms of your hands. Peel the garlic and add clove to a mixing bowl. Then measure and pour **6 T soy sauce**, **4 tsp toasted sesame oil**, **4 tsp brown sugar/honey/agave**, and **2 T water**. Whisk together. Pour half of the sauce onto the cooked noodles, and save the rest for sautéing the veggies!

frosty banana milk smoothies

peel+slice

Peel **2 bananas** and slice them. Add sliced bananas to a blender.

measure+blend

Measure **2 cups whole milk**, **1 cup ice**, **pinch of salt**, and **2 T brown sugar/honey/agave nectar** to the blender. Puree until smoothies are thick and creamy!

::continued::

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shopping list

Korean Japchae (Stir-fried Glass Noodles)

- | | |
|---|--|
| <input type="checkbox"/> 8 ounces sweet potato | <input type="checkbox"/> Handful white button mushrooms |
| <input type="checkbox"/> glass noodles | <input type="checkbox"/> 1 red bell pepper |
| <input type="checkbox"/> 1 head baby bok choy | <input type="checkbox"/> Sprinkle of sesame seeds |
| <input type="checkbox"/> 1 large carrot | |

Sweet Soy Splash

- | | |
|--|--|
| <input type="checkbox"/> 6 T soy sauce | <input type="checkbox"/> 1 garlic clove |
| <input type="checkbox"/> 4 tsp brown sugar/honey/
agave | <input type="checkbox"/> 4 tsp toasted sesame oil |

Frosty Banana Milk Smoothies

- | | |
|---|--|
| <input type="checkbox"/> 2 bananas | <input type="checkbox"/> pinch salt |
| <input type="checkbox"/> 2 cups whole milk | <input type="checkbox"/> 1 cup ice |
| <input type="checkbox"/> 2 T brown sugar/honey
agave | |

::continued::

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History of Korean Japchae!

Japchae means “mixture of vegetables,” and it comes with a colorful and fascinating history, indeed. It is said that during the time of its invention, neither noodles nor meat were widespread in people's diets, but vegetables were. The dish was created by one of the King's subjects during the 17th century for a royal celebration. As the legend tells, the King loved the dish so much that he promoted the inventor to the equivalent position of Secretary of State!

Japchae eventually evolved from a dish of royalty to one enjoyed by everybody. Beef and noodles made their way into the dish, too, though vegetables remain the main focus of the Korean table. This is directly tied to Buddhist influence in South Korea. Foods of Korea are traditionally balanced in texture and color, and dishes have been created based on the Five Material Elements (which also demonstrate a deep belief in balancing nutrition with a variety of colors): wood (green), fire (red or orange), earth (brown), metal (white), and water (black). Japchae today is made with sweet potato “glass” noodles, which, when cooked, are chewy, sweet, slippery, stretchy, and transparent like a pane of glass!

The Surprise Ingredient: Bok Choy!

- ★ **Bok choy is called by many names all over the world, but bok choy is the most common. In Cantonese, a language of China and the official language of Hong Kong, bok choy means “white vegetable.”**
- ★ **During an archaeological dig, China discovered seeds of a Brassica species that could be bok choy or one of its close relatives that are over 6,000 years old! This makes it one of the oldest cultivated vegetables in Asia.**
- ★ **Bok choy is a part of the cabbage family! It's also related to mustard, broccoli and cauliflower.**
- ★ **Look for bok choy with firm, bright green colored leaves and moist hardy stems.**
- ★ **The leaves should look fresh, be unwilted, and be free from signs of browning, yellowing, and small holes.**
- ★ **To store, place bok choy in a plastic storage bag, removing as much of the air from the bag as possible, and place it in the crisper of your refrigerator. Bok choy will keep for about 1 week if properly stored.**
- ★ **Bok Choy has a large quantity of carotenoids and vitamin C!**

Time for a laugh!

What do you call a bok choy that's in love? Head over heels.
What's the difference between bok choy and dirt? Kids don't eat dirt!

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