

# Korean Sweet Potato Noodles

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## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 15 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Sweet potato noodle	250 grams
Zucchini, cooked from fresh	2 medium
Carrots, cooked from fresh	3 medium - 6" to 7" long
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Celery, cooked	2 medium - stalk - 7 1/2" to 8" long
Mushrooms, cooked from fresh	5 mediums
Tamari sauce	2 teaspoons
Sesame oil	1 teaspoon
Sesame seeds, hulled, dried	1 tablespoon
Olive oil	1 tablespoon

## Instructions

1. Cook one package of sweet potato noodles according to package directions.
2. Use a spiralizer for the zucchini or slice into thin strips - set aside.
3. Peel carrots and cut into match sticks or thin strips. Slice the onion. Dice the celery. And thinly slice the mushrooms. Set aside.
4. In a large and deep cast iron skillet heat the olive oil. Add the onions and carrots. Sauté for about 3 minutes or until soft. Add the celery and mushrooms. Add tamari. Cook for a few minutes.
5. Add the noodles and the zucchini. Stir to mix well. Cook until zucchini has softened. Add more tamari if required.
6. When heat is turned off add the sesame oil. This is optional but does add a nice aroma. Garnish with sesame seeds.