

**SAFRA Mount Faber presents June Holidays: 30 Days of Play with Dad
Families for Life: Yummy Treats Sunday with Engel**

SIMPLE KETO MEAL JAPCHAE

Ingredients:

Beef

- 200g of beef shabu shabu
- 1 tbsp x tamari
- 1 tbsp x mirin
- 1 tbsp x sesame oil
- 1 tsp x salt
- 2 x garlic cloves, minced

Spinach

- 120g x spinach
- 1 tsp x salt
- 1 tsp x sesame oil
- Black pepper
- 2 x garlic cloves, minced
- 1 tbsp x sesame seeds
- 1 bowl of ice

Sauce

- 2 tbsp x tamari
- 2 tbsp x sesame oil
- 1 tbsp x sesame seeds
- Black pepper

Others

- 70g x onion
- 120g x yellow and red capsicum
- 100g x mushroom
- 1 pkt x shirataki noodle
- 2 x egg
- Coconut oil
- Sesame seed



Instructions:

Beef Marinate

1. Put the beef shabu shabu into a bowl and mix with 1 tbsp of tamari, 1 tbsp of mirin, 1 tbsp of sesame oil, 1 tsp of salt and 2 cloves of minced garlic. Cover it and set aside.

Spinach

1. Boil some water in a pot.
2. Cut the spinach into 3 – 4 inches long.
3. When the water boils, blanch the spinach only until wilted.
4. Drain quickly and soak it in ice water for a few minutes.
5. Squeeze the spinach to remove any excess water and put it into a mixing bowl.
6. Marinate the spinach with 1 tsp salt, 1 tsp sesame oil, some black pepper, 2 cloves of minced garlic and 1 tbsp of sesame seeds. Mix well and set it aside.

Noodles

1. Boil some water in a pot.
2. When the water boils, add the shirataki noodles and boil for a few minutes.
3. Drain the water and set it aside.

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Sauce

1. In a bowl, add 2 tbsp tamari, 2 tbsp sesame oil, 1 tbsp sesame seed and some black pepper.
2. Mix well and set aside.
3. Slice the onion, mushroom, red and yellow capsicum.
4. In a pan, on medium heat, add some coconut oil. Fry the onion till golden brown. Transfer to a plate and set aside.
5. Using the same pan, fry the mushroom, red and yellow capsicum on medium heat (add more coconut oil if necessary). Fry till the mushroom and capsicum soften. Transfer to a plate and set aside.
6. In the same pan, add some coconut oil on medium heat and pour in the marinated meat and stir fry till it's cooked. Transfer to a plate and set aside.
7. In a bowl, crack 2 eggs and beat well. In the pan, on low to medium heat, add some coconut oil and pour the egg mixer into a thin layer. Cook each side for a few minutes. Set aside and cut it into stripes when cold.
8. In a large mixing bowl, add the shirataki noodles, beef, spinach, onion, mushroom, yellow and red capsicum.
9. Pour the sauce into a mixing bowl and toss well.
10. Add the egg garnish and some sesame seeds.