



PATIENT & CAREGIVER EDUCATION

# Korean-Inspired Menu and Recipes

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>• Korean street toast *</li><li>• Asian pear</li></ul>
Snack	<ul style="list-style-type: none"><li>• Japchae (clear noodles with vegetables and beef) *</li></ul>
Lunch	<ul style="list-style-type: none"><li>• Duk mandoo gook (soup with rice cakes and pork dumplings)</li></ul>
Snack	<ul style="list-style-type: none"><li>• Steamed red bean bun</li></ul>
Dinner	<ul style="list-style-type: none"><li>• Kodungui gui (broiled mackerel)</li><li>• Kimchi gook (soup with kimchi and tofu)</li><li>• 1 cup of rice</li></ul>
Snack	<ul style="list-style-type: none"><li>• Persimmon</li></ul>

## Korean street toast

Makes 1 serving.

- Prep time: 15 minutes
- Cooking time: about 10 minutes
- Total time: 25 minutes

## Ingredients

- 2 eggs
- 1 cup shredded cabbage
- ¼ cup shredded or julienned (cut into long, small pieces about the size of matchsticks) carrot
- ¼ small onion, sliced

- 1 tablespoon chopped scallion
- 3 to 4 teaspoons butter (1 teaspoon for cooking the egg and 2 to 3 teaspoons for spreading on the bread)
- 1 slice cheddar cheese
- 2 slices milk bread or white bread
- 1 slice ham (optional)
- Ketchup
- Honey mustard

## Instructions

1. Crack the eggs into a medium-sized bowl. Use a fork or whisk to mix them. Add the cabbage, carrots, onion, and scallions to the bowl and mix well. Set the bowl aside.
2. Melt 1 teaspoon of butter in a large skillet over medium heat. Using a spatula, spread the butter so it evenly coats the bottom of the skillet. Use more butter as needed to coat the skillet.
  1. If you're limiting fat, use a nonstick skillet and oil spray instead.
3. Pour the egg mixture into the skillet, spreading it out to cook evenly. Cook until the bottom side is lightly golden and not runny. With a spatula, fold the sides of the egg mixture into a square about the size of the bread.
4. Flip the egg mixture and cook the other side until it's cooked through. Add cheese to the top. Turn off the heat.
5. Lightly toast 2 slices of bread. Spread some butter on one side of each toast.
6. Place the cooked egg mixture, ham (optional), and cheese on top of one of the buttered toasts. Top with ketchup and honey mustard and place the second buttered toast on top, butter side down.

## Nutrition information

Serving size: 1 sandwich

- Calories: 642 calories
  - Carbohydrates: 54 grams
  - Protein: 26 grams
  - Fat: 36 grams
  - Sodium: 767 milligrams
  - Potassium: 274 milligrams
  - Added sugar: 0 grams
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## Japchae (clear noodles with vegetables and beef)

Makes 4 servings.

- Prep time: 15 minutes
- Cooking time: about 20 minutes
- Total time: 35 minutes

## Ingredients

- 3 ounces ( $\frac{1}{4}$  of a 10.5-ounce pack) Korean vermicelli (sweet potato noodles)
- 3 tablespoons canola oil
- 1 large onion, thinly sliced
- $\frac{1}{2}$  pound flank steak, thinly sliced into 3-inch strips
- 1 carrot (about 1 cup after cutting), julienned (cut into even strips, about the size of matchsticks) in 3-inch pieces
- 1 green bell pepper (about 1 cup after cutting), seeded and julienned in 3-inch pieces
- 3 scallions, green part only, cut diagonally into 3-inch pieces

- 1 cup spinach
- Salt and pepper to taste
- 1 teaspoon sugar
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil

## Instructions

1. Add 4 cups of water to a saucepan or pot. Bring the water to a boil over medium-high heat.
2. Once the water is boiling, add the vermicelli and cook until the noodles are translucent (look almost see-through) and firm, about 3 minutes. Drain the noodles and rinse them under cold water. Set them aside.
3. Heat the oil in a large skillet. Cook the sliced onions over medium-high heat for 2 minutes. Add the beef, salt, and pepper and stir fry for 1 to 2 minutes. Add the carrots, pepper, scallions, and spinach and stir fry until it's cooked through.
4. Add the soy sauce, sugar, and sesame oil. Stir and toss the mixture. Add the vermicelli and mix well. Serve warm.

## Nutrition information

Serving size: 1½ cups

- Calories: 435 calories
- Carbohydrates: 28 grams
- Protein: 33 grams
- Fat: 21 grams
- Sodium: 342 milligrams
- Potassium: 834 milligrams
- Added sugar: 0 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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