

Gamja Bokkeum (Korean Stir-Fried Potatoes) ★★★★★

Gamja Bokkeum is a Korean stir-fried potato dish with a soft yet chewy texture. It's easy to make with simple ingredients and full of flavor!

Course Side Dish **Cuisine** Korean **Diet** Gluten Free, Low Fat, Low Lactose, Low Salt, Vegan, Vegetarian

Keyword banchan, gamja bokkeum, pan-fried, Potato, stir-fry, yukon potato **Prep Time** 10 mins

Cook Time 5 mins **Total Time** 15 mins **Servings** 6 people **Calories** 87 **Author** Holly Ford

Ingredients

- 2 medium Yukon potato or 1 large russet potato
- 1 tbsp oil
- 1 clove garlic minced
- 1/2 small onion thinly sliced
- 1/2 small carrot thinly sliced
- 2 green onion thinly sliced
- salt to taste
- pepper to taste
- 2 tsp toasted sesame seeds

Instructions

1. Peel off the skin from the potato. Slice a small piece off the side of the potato. This will provide a flat surface for the potato to stand firmly without being wobbly when you slice it.
2. Slice the potato about 1/8-inch thickness. Spread the potato slices out like a deck of cards, overlapping with each other, and slice them into 1/8-inch strips. Again, slightly thicker or thinner strips are just fine.
3. Rinse the potato strips under cold running water several times to get rid of the potato starch. Drain the potato in a colander to strain excess water.
4. Heat oil in a non-stick surface skillet over medium heat, add garlic and stir-fry for 10 seconds. Add the potato strips and coat with garlic oil; stir-fry for 1 minute. Cover the skillet with a lid and let it simmer for 2 minutes over low heat.
5. Raise the heat to medium. Add the thinly sliced onion, carrot, and green onion and continue to stir-fry as you season with some salt. Cook until the potatoes are crisp but tender, about 2-3 minutes. Be careful not to stir-fry too harshly, though. You don't want to break the potato strips.
6. Lastly sprinkle with toasted sesame seeds and pepper. Serve warm or at room temperature.

Nutrition

Calories: 87kcal | Carbohydrates: 14g | Protein: 2g | Fat: 3g | Saturated Fat: 0.2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.01g | Sodium: 9mg | Potassium: 345mg | Fiber: 2g | Sugar: 1g | Vitamin A: 891IU | Vitamin C: 16mg | Calcium: 23mg | Iron: 1mg