



**Makes 8 cups bulgogi noodles
+ 1½ cups kimchi**
Preparation Time: 30 minutes
Cook Time: 4 hours

INGREDIENTS:

1½ cups coarsely chopped napa cabbage

Boiling water

2 14-oz. cans no-salt-added young jackfruit, rinsed and drained (2½ cups)

½ cup slivered sweet or red onion

3 tablespoons brown rice vinegar

2 to 3 teaspoons Korean chili powder (gochugaru red pepper powder or flakes) or sriracha sauce

5 cloves garlic, minced

½ teaspoon pure cane sugar

½ teaspoon sea salt

12 oz. dry brown rice pad Thai noodles

2 tablespoons reduced-sodium soy sauce

1 tablespoon finely chopped fresh ginger

2 to 3 teaspoons gochujang sauce or sriracha sauce

3 scallions

1 Asian pear or cooking apple, peeled and shredded (1 cup)

2 teaspoon sesame seeds, toasted

Vegan Bulgogi Noodles with Jackfruit Kimchi

This noodle-forward, plant-based take on bulgogi, a classic Korean dish, skips the beef in favor of meaty [jackfruit](#) and is guaranteed to spice up your [weekly menu](#)! Cooked jackfruit absorbs a ginger-infused soy sauce marinade and tastes divine on top of earthy brown rice pad Thai noodles. A quick cabbage and jackfruit kimchi gets its spicy flavor from Korean chili powder (or sriracha sauce) and adds tang and heat in equal measure. Traditional kimchi requires days to ferment, but we found a cheat using boiling water that takes a fraction of the time. You still need four hours for the flavors in the kimchi to meld, so plan on prepping that earlier in the day or the day before. To finish this vegan bulgogi dish, top with shredded Asian pear (or cooking apple)—the sweet, juicy flavor ties in well—and garnish with thinly sliced scallions and a sprinkle of sesame seeds.

For more inspiration, check out our [collection of jackfruit recipes](#), or try one of these tasty ideas:

- [Vegan Korean BBQ Bowls with Shishito Peppers](#)
- [Jackfruit Spring Rolls with Sweet-and-Sour Dipping Sauce](#)
- [Jackfruit Jambalaya](#)

By Laura Marzen, RD, LD

- 1 For quick kimchi, in a medium heatproof bowl combine cabbage and enough boiling water to cover; let stand 2 minutes. Drain cabbage well. In the bowl toss together cabbage, ½ cup of the jackfruit, and the onion.
- 2 In a small bowl whisk together rice vinegar, Korean chili powder, 1 clove of the garlic, the sugar, and salt. Pour over cabbage mixture; toss to coat. Cover loosely; let stand at room temperature 4 to 6 hours or chill at least 24 hours, stirring once or twice.
- 3 In a large pot cook noodles according to package directions; drain and rinse with hot water. Cover.
- 4 In a large bowl whisk together soy sauce, ginger, gochujang sauce, and the remaining 4 cloves garlic. Coarsely chop any large pieces of the remaining jackfruit. Add the remaining 2 cups jackfruit to the soy sauce mixture; toss to coat.
- 5 Thinly slice scallions, keeping white and green portions separate. Reserve green tops for garnish. In an extra-large skillet cook marinated jackfruit mixture and white portions of scallions over medium-high 10 minutes or until bubbly and heated through, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to keep mixture slightly saucy. Add shredded Asian pear.
- 6 Top noodles with jackfruit mixture and quick kimchi. Garnish with green portions of scallions and the sesame seeds.