KitchenBooQ

Aehobak Bokkeum (Stir-Fried Zucchini)

Serves: 4 | Cooking Time 20 minutes | Level: Easy



INGREDIENTS

2 medium zucchini (about 1 lb / 450 g), cut into 1/4-inch half-moons
1 tsp kosher salt
3 large cloves garlic, minced
1 tbsp toasted sesame oil
1 tbsp soy sauce or tamari
1 tsp sugar or honey
1/2 tsp ground black pepper
1 tbsp toasted sesame seeds
1 large green onion (scallion), thinly sliced

Notes
Store leftovers in an airtight container in the fridge within 2 hours. Do not leave at room temperature for extended periods as the combination of oil and savory sauce can spoil quickly. Best consumed within 2 days. Reheat gently in a skillet over medium heat to preserve texture; microwaving will make the zucchini softer. For deeper umami, substitute soy sauce with 1 tsp doenjang (Korean fermented bean paste) dissolved in 1 tbsp water. This dish pairs excellently with kimchi, bulgogi, or steamed short-grain rice.

PREPARATION

1. Place zucchini slices in a colander, toss with kosher salt, and let sit for 10 minutes to draw out excess moisture. Rinse briefly under cold water, then pat completely dry with paper towels. Gently squeeze to remove additional liquid.

2. In a small bowl, whisk together minced garlic, toasted sesame oil, soy sauce, sugar, and black pepper until smooth and combined.

3. Heat a large wok or heavy skillet over medium-high heat. Add the dried zucchini in an even layer. Stir-fry for 3 minutes without excessive tossing to allow slight browning on one side.

4. Pour the sauce mixture evenly over the zucchini. Toss continuously for another 2-3 minutes until the vegetables are tender-crisp and fully coated in a glossy glaze.

5. Transfer to a serving dish, immediately top with toasted sesame seeds and sliced green onion, and serve warm as a side dish.