**PROCEDURE**

Bring a large saucepan of water to a boil over high heat. Add the noodles, stir to separate them, and boil until cooked through, about 8-10 minutes. Drain in a colander and rinse under cold water until cool. Using scissors, cut the noodles into 6- to 8-inch lengths. With the noodles still in the colander, drizzle with 2 teaspoons of the sesame oil and toss to coat; set aside.

Mix the soy sauce and sugar together in a small bowl until the sugar has dissolved; set aside.

Heat the oil in a large frying pan over medium heat until shimmering. Add the carrots, onion, measured salt, and measured pepper. Cook, stirring occasionally, until the onion has softened, about 8 minutes. Add the mushrooms and cook, stirring occasionally, until the mushrooms are tender, about 3 minutes.

Increase the heat to medium high. Add the spinach and, using tongs, toss to combine. Let cook until slightly wilted, about 1 minute. Add the remaining 2 teaspoons toasted sesame oil, and toss to combine. Taste and season with salt and pepper as needed. Transfer to a serving platter and sprinkle with the scallion and sesame seeds. Serve immediately or at room temperature.