

# MARLEY SPOON



## Beef & Chuka Soba

with Gingery Broth & Bok Choy



20-30min



2 Servings

Chuka soba or 'curly ramen noodles' are a type of Japanese dried wheat noodle that has a distinct curly appearance due to folding in an intricate pattern before they're dried. The texture makes these noodles perfect for slurping up (which is the polite way to eat noodles in Japanese culture) in a rich gingery broth with tender beef and crunchy bok choy.



## What we send

- 6 oz chuka soba noodles <sup>2</sup>
- 1 oz fresh ginger
- garlic
- 1 oz scallions
- ½ lb baby bok choy
- 2 pkts chicken broth concentrate
- 2 (½ oz) tamari soy sauce <sup>3</sup>
- 10 oz pkg grass-fed ground beef
- ¼ oz shichimi togarashi <sup>4</sup>

## What you need

- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- neutral oil
- sugar

## Tools

- medium saucepan
- medium nonstick skillet

## Allergens

Egg (1), Wheat (2), Soy (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 860kcal, Fat 30g, Carbs 77g, Protein 40g



### 1. Cook egg

Fill a medium saucepan with **salted water**. Bring to a boil. Use a slotted spoon to carefully place **1 large egg** into boiling water (the water should cover the egg by a ½ inch). Simmer over medium heat for 6 minutes. Use a slotted spoon to remove egg from saucepan and place in a bowl of cold water. Once cool, peel and set egg aside. Reserve water and pot for step 2.



### 2. Cook noodles

Return reserved pot of water to a boil. Add **noodles**, and cook, stirring occasionally to prevent sticking, until al dente, about 5 minutes. Drain, rinse with cold water, then drain again. Reserve saucepan for step 4.



### 3. Prep ingredients

Meanwhile, peel and finely chop **half of the ginger**; thinly slice remaining ginger. Finely chop **1 teaspoon garlic**. Trim **scallions**, then thinly slice, keeping dark greens separate. Halve **bok choy** lengthwise, then cut crosswise into ½-inch wide ribbons.



### 4. Make broth

In reserved saucepan, combine **all of the broth concentrate, sliced ginger, 4 cups water**, and **1 tablespoon tamari**. Bring to a boil. Season to taste with **salt and pepper**, then remove from heat.



### 5. Cook beef

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **beef** and **a pinch each of salt and pepper**. Cook, breaking up meat, until well browned and cooked through, about 5 minutes. Add **chopped garlic and ginger** and **scallion whites**; cook, stirring, 1 minute. Add **1 tablespoon sugar** and **remaining tamari**. Cook until liquid is sticky and reduced, 1-2 minutes.



### 6. Finish & serve

Return **broth** to a simmer, then add **bok choy**. Immediately remove from heat. Serve **noodles** in bowls with hot **broth** laddled over top. Halve **egg** lengthwise. Top **noodles** and **broth** with **beef**, **scallion dark greens**, **egg**, and **some of the shichimi togarashi** (taste it first, it's spicy). Enjoy!