

# DINNERLY



## Beef & Udon Stir-Fry with Spinach & Scallions



20-30min



2 Servings

We lean hard on stir-fry when we need to get dinner on the table quickly! This one is loaded with tender udon noodles, fresh spinach, and grass-fed ground beef, with aromatic scallions, garlic, and tamari sauce all bringing the serious flavor. We've got you covered!

### WHAT WE SEND

- 1 oz scallions
- 7 oz udon noodles <sup>1</sup>
- 10 oz pkg grass-fed ground beef
- 2 oz tamari <sup>2</sup>
- 3 oz baby spinach

### WHAT YOU NEED

- neutral oil
- apple cider vinegar (or red wine vinegar)
- sugar
- kosher salt & ground pepper
- garlic

### TOOLS

- large saucepan
- medium skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 740kcal, Fat 30g, Carbs 78g, Protein 41g



#### 1. Prep aromatics

Bring a large saucepan of water to a boil.

Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice.



#### 2. Cook noodles

Add **noodles** to saucepan with boiling water and cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse with cold water, and drain again.



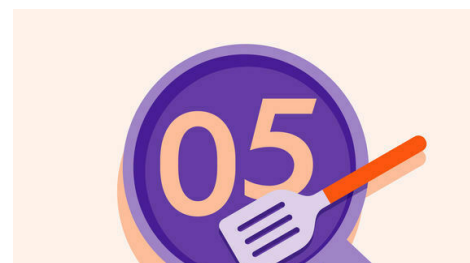
#### 3. Cook beef & aromatics

While **noodles** cook, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped garlic** and **half of the scallions**; cook, stirring, until softened and fragrant, about 30 seconds. Add **beef**; cook, breaking up into smaller pieces, until browned and cooked through, 3–5 minutes.



#### 4. Make sauce

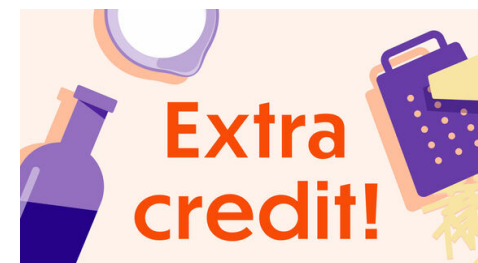
Add **tamari**, **½ cup water**, **1 tablespoon vinegar**, and **¼ teaspoon sugar** to skillet with **beef**. Bring to a simmer over medium-high heat, scraping up any browned bits from the bottom of the skillet.



#### 5. Finish & serve

Add **spinach** and **noodles** to skillet; cook, stirring, until spinach is wilted and noodles are coated in sauce, 1–2 minutes. Season to taste with **salt** and **pepper**.

Serve **beef and udon noodles** topped with **remaining scallions**. Enjoy!



#### 6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.