



Fast! Beef Udon Noodle Soup

with Bok Choy & Shichimi Togarashi



20-30min



2 Servings

Our take on niku udon, a Japanese comfort classic, makes the most of simple ingredients for an ultra flavorful meal. Tamari soy sauce, mirin, and hondashi comprise the savory broth that shredded beef simmers in until tender. Just add quickly boiled bok choy, slippery udon noodles, and a bright sprinkle of shichimi togarashi spice.

What we send

- 1 yellow onion
- ½ lb baby bok choy
- 2 scallions
- ½ lb shredded beef ^{1,6}
- 2 (½ oz) tamari soy sauce ⁶
- 1 oz mirin ¹⁷
- ¼ oz hondashi ⁴
- 10 oz fresh udon noodles ¹
- ¼ oz shichimi togarashi ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- large saucepan
- medium pot

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 10g, Carbs 67g, Protein 27g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil.

Halve **onion** and thinly slice one half (save rest for own use). Quarter **bok choy** lengthwise (halve quarters lengthwise, if large). Rinse well under cold water to remove any grit. Trim **scallions**; thinly slice. Pat **beef** dry; use your fingers to break into bite-sized pieces.



4. Finish & serve

Season **broth** to taste with **salt** and **pepper**, if necessary. Pour **broth and beef** over **noodles and bok choy**.

Serve **beef udon** sprinkled with **scallions** and **shichimi togarashi**. Enjoy!



2. Cook onions & beef

In a large saucepan, heat **2 teaspoons oil** over medium-high. Add **onions** and a **pinch of salt**. Cook, stirring often, until softened and translucent, 2-3 minutes. Add **beef, tamari, mirin, hondashi**, and **2½ cups water**. Bring to a boil over high heat. Cover and simmer over medium-low heat until beef is warmed through and onions are soft, about 5 minutes.



3. Cook bok choy & noodles

Add **bok choy** to pot with boiling **salted water**; cook until bright green and tender, 1-2 minutes. Remove from water and divide between serving bowls.

Add **noodles** to same pot and cook, stirring to separate, 2 minutes. Drain and rinse noodles, then drain again. Divide between serving bowls.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!