

DINNERLY



Beef Bulgogi Stir-Fry with Noodles



30min



2 Servings

Hop on our beef bulgogi train. Destination DELICIOUS, USA (suburb of Flavortown). Bulgogi is a popular Korean dish of marinated beef stir-fried in a tangy sauce. Here, we're tossing ground beef with noodles, broccoli, carrots, and a sticky-sweet teriyaki sauce. We've got you covered!

WHAT WE SEND

- 5 oz pad Thai noodles
- ½ lb broccoli
- 1 carrot
- 10 oz pkg ground beef
- ½ oz toasted sesame oil ¹¹
- 2 oz teriyaki sauce ^{1,6}

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- garlic

TOOLS

- large pot
- fine-mesh sieve
- large nonstick skillet

ALLERGENS

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

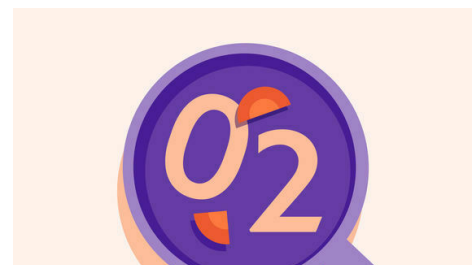
NUTRITION PER SERVING

Calories 790kcal, Fat 47g, Carbs 64g, Protein 29g



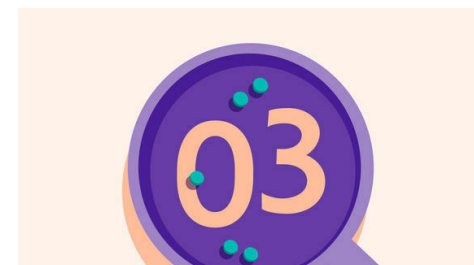
1. Cook noodles

Bring a large pot of **salted water** to a boil. Add **noodles** and cook, stirring occasionally to prevent sticking, until al dente, 6–8 minutes. Drain noodles, then rinse under cold water and toss with **1 teaspoon oil**. Set aside until step 5.



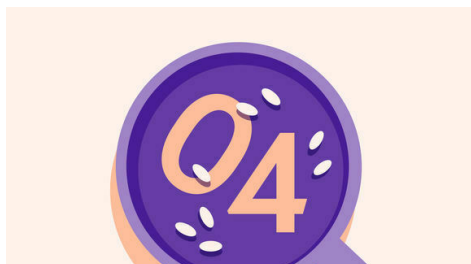
2. Prep veggies

While **noodles** soak, finely chop **1 teaspoon garlic**. Cut **broccoli** into ½-inch florets, if necessary. Scrub and trim ends from **carrot**; halve crosswise, then cut lengthwise into ¼-inch slices. Stack carrot slices, then cut into thin matchsticks.



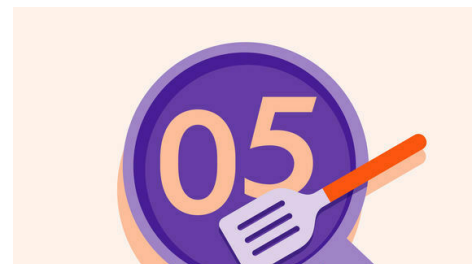
3. Brown beef

Heat **2 teaspoons neutral oil** in a large nonstick skillet over medium-high. Add **beef** and a **pinch of salt**; cook, breaking up into smaller pieces, until browned and cooked through, about 3 minutes (beef will not be cooked through). Drain off any excess fat, if desired; transfer to a plate.



4. Stir-fry veggies

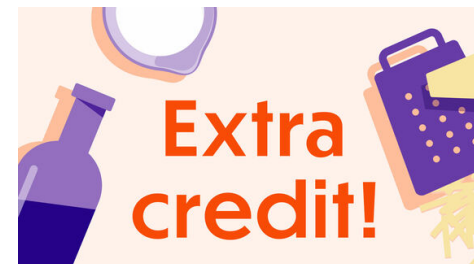
Add **broccoli**, **carrots**, **2 teaspoons neutral oil**, and a **pinch of salt** to same skillet over medium-high heat. Cook, stirring occasionally, until broccoli and carrots are crisp-tender, about 5 minutes. Stir in **chopped garlic** and cook until fragrant, 30 seconds.



5. Finish stir-fry & serve

Add **sesame oil**, **teriyaki sauce**, **beef**, and ¼ **cup water** to same skillet with **veggies**. Cook over medium-high heat, stirring, until **beef** is cooked through and **sauce** is mostly absorbed, 2–3 minutes. Add **noodles**, tossing to coat in sauce, until warmed through, about 1 minute.

Season **beef bulgogi stir-fry** to taste with **salt** and **pepper**. Enjoy!



6. Pro tip!

Make sure your sauce is warm when tossing the noodles so they don't clump together!