

DINNERLY



NO ADDED DAIRY

FAST

Beef & Udon Noodle Stir-Fry with Spinach & Scallions



20-30min



2 Servings

We lean on stir-fry dishes as a go to for when we want dinner on the table quick! This one is loaded with tender udon noodles, fresh spinach, and grass-fed ground beef. Aromatic ginger, garlic, and teriyaki sauce are what bring the serious flavor. We've got you covered!

WHAT WE SEND

- 1
- 2 oz tamari soy sauce ⁶

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper

TOOLS

- colander
- saucepan
- skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 740kcal, Fat 28g, Carbs 77g, Protein 45g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Peel and finely chop **1 tablespoon ginger**. Peel and finely chop **2 teaspoons garlic**. Trim ends from **scallions**, then thinly slice.



2. Cook noodles

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



3. Brown beef

While **noodles** are cooking, heat **2 tablespoons oil** in a medium skillet over medium-high. Add **chopped ginger and garlic**, and **half of the scallions**; cook, until softened and fragrant, about 30 seconds. Add **beef** and cook until browned, breaking up into smaller pieces, 3–5 minutes.



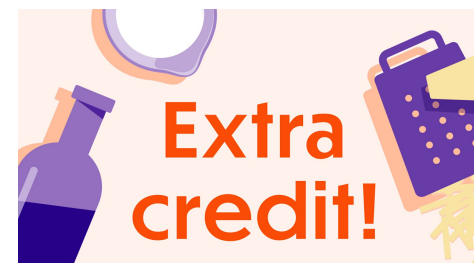
4. Stir-fry noodles

To **beef** in skillet, add **teriyaki sauce**, **1 tablespoon vinegar**, and **½ cup water**. Bring to a simmer, scraping up any browned bits stuck to the bottom of the skillet. Add **noodles** and **spinach**, then cook, stirring gently, until spinach is wilted, 1–2 minutes; season with **a few grinds pepper**.



5. Serve

Serve **beef and udon noodle stir-fry** topped with **remaining scallions**. Enjoy!



6. Make it picky eater proof

If any sign of green gets people at your table running for the hills, then go ahead and serve the spinach as a sautéed side. Those that want it can mix the spinach into their noodles.