



Beef-Mushroom Yaki Udon

with Spinach & Scallions



20-30min



2 Servings

Inspired by yaki udon, stir-fried noodles popular in Japan, we cook grass-fed ground beef, mushrooms, and ginger in a teriyaki-chili sauce, which then coats thick, chewy udon noodles. We fold in baby spinach and scallions at the end—extra veggies!—and add a splash of vinegar for a hit of brightness.

What we send

- 1 oz fresh ginger
- 2 scallions
- ½ lb mushrooms
- 7 oz udon noodles ¹
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ^{1,6}
- ½ oz chili garlic sauce
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)

Tools

- medium pot
- large 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 850kcal, Fat 31g, Carbs 88g, Protein 44g



1. Prep ingredients

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

Peel and finely chop **half of the ginger**. Trim **scallions**, then thinly slice.

Trim stem ends from **mushrooms**, then thinly slice caps.



2. Cook udon noodles

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



3. Brown ground beef

Heat **1 tablespoon oil** in a large skillet over high until shimmering. Add **ground beef**; season with **salt** and **pepper**. Cook, breaking up large pieces with a spoon, until meat is browned and cooked through, about 4 minutes.



4. Add mushrooms & ginger

Add **mushrooms**, **chopped ginger**, and **1 tablespoon oil** to **beef** in skillet. Cook, stirring frequently, until mushrooms are softened and ginger is fragrant, about 5 minutes.



5. Make sauce

Add **teriyaki sauce**, **all of the chili sauce**, and **½ cup water** to skillet. Stir to combine, scraping any browned bits from bottom of skillet. Cook until liquid is slightly reduced, about 1 minute.



6. Finish & serve

Reduce heat to medium-high. Add **noodles**, **spinach**, **half of the sliced scallions**, and **2 tablespoons water** to skillet. Cook, stirring gently to combine, until spinach is wilted, about 2 minutes. Stir in **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**.

Serve in shallow bowls and garnish with **remaining sliced scallions**. Enjoy!