

DINNERLY



Sesame-Scallion Beef Stir-Fry with Udon Noodles



under 20min



2 Servings

Picture a big, beautiful bowl of slippery noodles, and all the endless possibilities. There are so many ways to enjoy one of our favorite carbs, but tonight we're keeping it simple with juicy ground beef and a real winner of a sauce: fragrant scallions and garlic with tamari soy sauce and a sprinkle of sesame seeds. We've got you covered!

WHAT WE SEND

- 2 scallions
- 7 oz udon noodles ¹
- 1 pkt crushed red pepper
- 2 oz tamari soy sauce ⁶
- 10 oz pkg grass-fed ground beef
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

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

TOOLS

- medium pot
- medium 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 890kcal, Fat 40g, Carbs 82g, Protein 42g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil over high heat.

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

Add **noodles** to boiling water. Cook, stirring occasionally, until al dente and noodles come apart, about 5 minutes. Drain noodles.



2. Make sauce

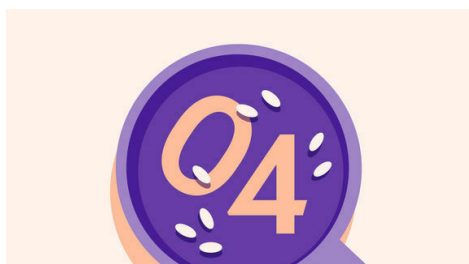
Meanwhile, heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **scallions, garlic, and red pepper flakes** (use less depending on heat preference). Cook, stirring, until sizzling, fragrant, and scallions are bright green, 2–3 minutes.

Transfer to a small bowl. Stir in **tamari, 2 tablespoons water, 1 tablespoon vinegar, and 2 teaspoons sugar**; set aside.



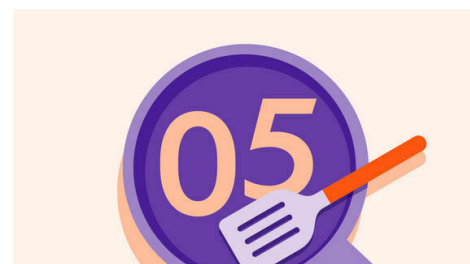
3. Cook beef

Heat **1 tablespoon oil** in same skillet over high. Add **ground beef** and break into large pieces with a spoon. Season with **salt and pepper**. Cook, without stirring, until well browned on the bottom, 4–5 minutes. Stir and cook until just cooked through, about 3 minutes more. Drain excess oil, if desired.



4. Add noodles & sauce

To skillet with **beef**, add **noodles and scallion sauce**; cook over medium heat, tossing until heated through, about 1 minute. Season to taste with **salt and pepper**.



5. Serve

Serve **beef stir-fry** with **sesame seeds** sprinkled over top. Enjoy!



6. Add some greens

Quickly steam some broccoli florets to toss in with the noodles and beef. You can also use snow peas, green beans, or any other veggies you have lying around!

Extra credit!