

# DINNERLY



## Beef & Udon Noodle Stir-Fry with Spinach & Scallions



20-30min



2 Servings

We lean hard on stir-fry when we need to get dinner on the table quickly! This one is loaded with tender udon noodles, fresh spinach, and hearty beef strips, with aromatic scallions, garlic, and tamari sauce all bringing the serious flavor. We've got you covered!

### WHAT WE SEND

- 2 scallions
- ½ lb pkg beef strips
- 7 oz udon noodles <sup>1</sup>
- 2 oz tamari soy sauce <sup>2</sup>
- 5 oz baby spinach

### WHAT YOU NEED

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

### TOOLS

- large saucepan
- medium skillet

### ALLERGENS

Wheat (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 550kcal, Fat 13g, Carbs 79g, Protein 32g



#### 1. Prep aromatics

Bring a large saucepan of water to a boil.

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

Pat **beef** dry; season all over with **salt** and **pepper**.



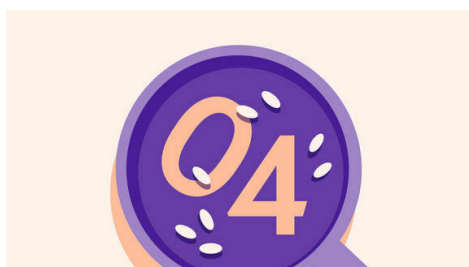
#### 2. Cook noodles

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



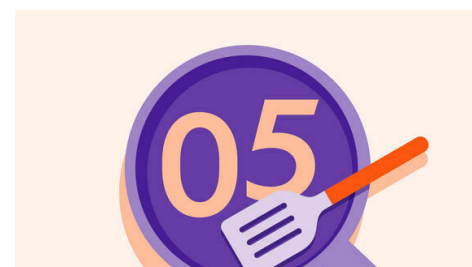
#### 3. BEEF STRIPS VARIATION

While **noodles** cook, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped garlic** and **half of the scallions**; cook, stirring, until softened and fragrant, about 30 seconds. Add **beef** in a single layer and cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



#### 4. Make sauce

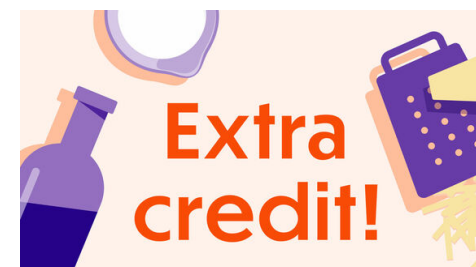
Add **tamari**, **½ cup water**, **1 tablespoon vinegar**, and **¼ teaspoon sugar** to skillet with **beef**. Bring to a simmer over medium-high heat, scraping up any browned bits from the bottom of the skillet.



#### 5. Finish & serve

Add **spinach** and **noodles** to skillet; cook, stirring, until spinach is wilted and noodles are coated in sauce, 1–2 minutes. Season to taste with **salt** and **pepper**.

Serve **beef and udon noodles** topped with **remaining scallions**. Enjoy!



#### 6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.