

MARLEY SPOON



Fast! Sesame Beef Stir-Fry

with Japanese Noodles



under 20min



2 Servings

Sesame beef noodle stir-fry may sound like a lot of work to make in the kitchen, but it doesn't have to be. Here, we cut the prep with minimal chopping required and delicious beef strips that cooks up in just minutes. You'll be able to have a comfort food meal in less time than it would take you to order take-out.

What we send

- garlic
- 2 scallions
- 3 oz stir-fry sauce ^{1,6}
- 10 oz pkg beef strips
- 1 lime
- 7 oz udon noodles ¹
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

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

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 640kcal, Fat 16g, Carbs 90g, Protein 34g



1. Prep garlic & scallions

Bring a medium pot of water to a boil. Thinly slice **1 large garlic clove**. Trim **scallions**, then cut into ½-inch pieces.



2. Make sauce

In a small bowl, combine **all of the stir-fry sauce, 3 tablespoons water**, and **1 teaspoon each of oil and vinegar**; whisk to combine. Cut **lime** into wedges.



4. Cook noodles

Meanwhile, add **noodles to boiling water**. Cook, stirring, until al dente, about 3-5 minutes. Drain, rinse with **cold water**, and drain again.



5. Cook spinach & scallions

Add **spinach** and **scallions** to skillet with **beef**. Cook, stirring, until spinach is just wilted, about 1 minute.



3. Brown beef

Pat **beef** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. 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.



6. Finish & serve

Add **noodles, sauce**, and **half of the sesame seeds** to skillet. Cook, stirring, until noodles are coated in the sauce, about 1 minute. Season to taste with **salt** and **pepper**. Garnish with **remaining sesame seeds**. Squeeze **lime** over top. Enjoy!