

# MARLEY SPOON



## 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 grass-fed ground beef 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 <sup>2,3</sup>
- 1 lime
- 10 oz pkg grass-fed ground beef
- 7 oz udon noodles <sup>3</sup>
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds <sup>1</sup>

## What you need

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

## Tools

- medium pot
- medium nonstick skillet

## Allergens

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 800kcal, Fat 26g, Carbs 90g, Protein 40g



### 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.



### 3. Brown ground beef

Heat **2 teaspoons oil** in a medium nonstick skillet over high. Add **ground beef** and **sliced garlic**; season with **salt** and **pepper**. Cook, breaking meat up into large pieces, until beef is browned and cooked through, 3-4 minutes. Remove skillet from heat, then carefully spoon off **any excess fat**.



### 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.



### 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!