

DINNERLY



French Onion Beef with Egg Noodles



30min



2 Servings

What do you call a sneaky noodle? An impasta! Some might be tempted to call this dish an imposter of French onion soup, but trust us, it's far from it. We simply combined the flavors of a fan favorite recipe with buttery egg noodles and turned it into Dinnerly-heaven. We've got you covered!

WHAT WE SEND

- 6 oz egg noodles ^{1,3}
- 1 yellow onion
- $\frac{3}{4}$ oz Parmesan ²
- 10 oz pkg grass-fed ground beef
- 1 pkt beef broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- butter ²
- neutral oil
- all-purpose flour ³
- 1 cup milk ²

TOOLS

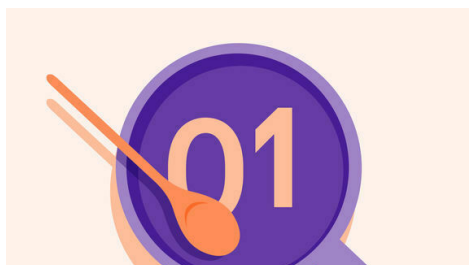
- large pot
- large skillet
- microplane or grater

ALLERGENS

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

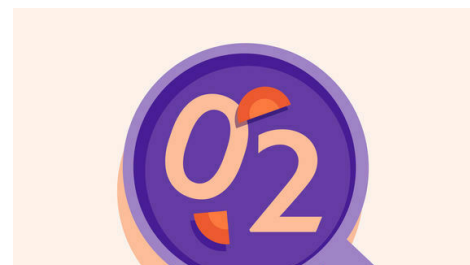
NUTRITION PER SERVING

Calories 1030kcal, Fat 51g, Carbs 82g, Protein 49g



1. Cook noodles

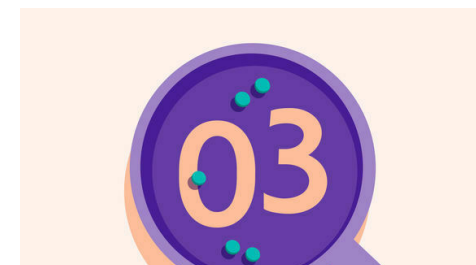
Bring a large pot of **salted water** to a boil over high. Add **noodles** and cook until al dente, 6–8 minutes. Reserve $\frac{1}{4}$ **cup pasta water**, then drain and return to pot off heat; toss with **1 tablespoon butter** to prevent sticking. Cover to keep warm.



2. Slice & sauté onion

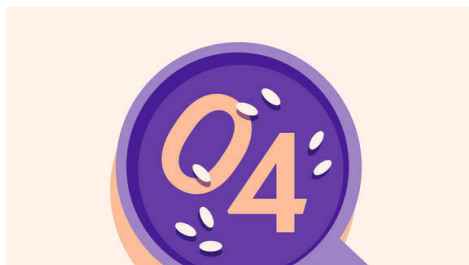
While **noodles** cook, halve **onion** and thinly slice crosswise. Heat **1 tablespoon oil** in a large skillet over medium-high. Add onions and season with **salt** and **pepper**. Cook, stirring occasionally, until softened and golden, 7–10 minutes (reduce heat to medium if browning too quickly). Use a slotted spoon to transfer to a plate.

Finely grate **Parmesan**, if necessary.



3. Cook beef

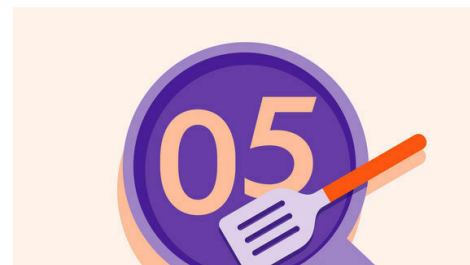
To same skillet, add **ground beef** and $\frac{1}{2}$ **teaspoon each of salt and pepper**. Cook, stirring and breaking up into smaller pieces, until deeply browned and cooked through, 7–10 minutes. Transfer to plate with **sautéed onions**; reserve skillet.



4. Make cream sauce

Melt **1 tablespoon butter** in same skillet over medium heat. Whisk in **1 tablespoon flour**; cook until golden and smells nutty, 30 seconds. Slowly whisk in **broth concentrate** and **1 cup milk**. Bring to a boil, stirring, until **sauce** is thick enough to coat the back of a spoon, 3–5 minutes (see our pro tip in step 6!).

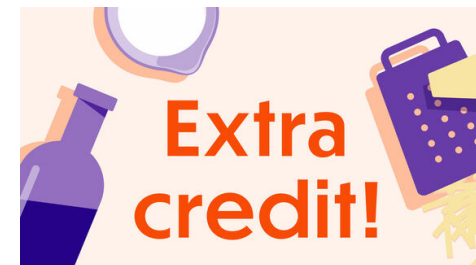
Remove from heat, then stir in **beef and onion mixture**.



5. Finish & serve

Transfer **beef and onion cream sauce** to pot with **noodles** and stir to combine. Thin with **1 tablespoon reserved pasta water** at a time to reach desired consistency. Season to taste with **salt** and **pepper**.

Serve **French onion beef and egg noodles** with **Parmesan** sprinkled over top. Enjoy!



6. Word of the day: roux!

The thickening component of most sauces is roux, a mixture of liquid fat—like melted butter, oil, or milk—and flour. In step 4, use a whisk to stir flour into the hot skillet until a golden paste forms. Then, slowly whisk in milk, constantly stirring to avoid lumps (sauce should reach the consistency of heavy cream).