

# DINNERLY



## French Onion Beef & Egg Noodles:

More servings? Or leftovers? You choose!



30min



2 Servings

We've been living in our hibernation clothes for some time now, so, it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! These comfort food meals are choose-your-own-adventure-style. Choose to fill your plate with an extra serving OR store some away for the next day OR share with other hibernating friends and fam. Either way, you win. We've got you covered!



## WHAT WE SEND

- 2 (8 oz) pkgs egg noodles <sup>1,3</sup>
- 1 medium red onion
- 10 oz grass-fed ground beef
- 1 pkt turkey broth concentrate
- $\frac{3}{4}$  oz Parmesan <sup>7</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- butter <sup>7</sup>
- neutral oil
- all-purpose flour <sup>1</sup>
- 2 c milk <sup>7</sup>

## TOOLS

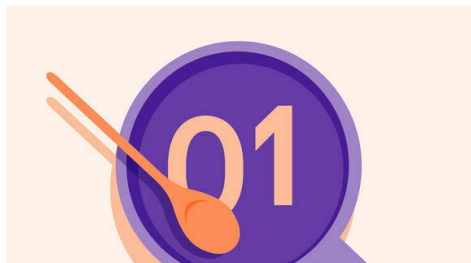
- large pot
- large skillet

## ALLERGENS

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 740kcal, Fat 36g, Carbs 64g, Proteins 30g

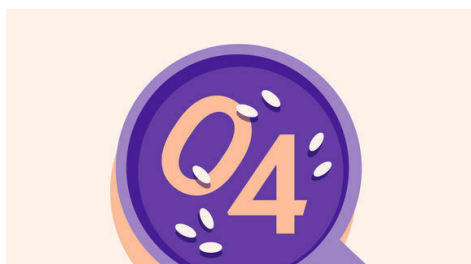


### 1. Boil egg noodles

Bring a large pot of **salted water** to a boil. Add  **$\frac{2}{3}$  of the noodles** and cook until al dente, 6–8 minutes.

Reserve  **$\frac{1}{4}$  cup pasta water**, then drain noodles. Return noodles to pot and toss with **1 tablespoon butter** to prevent sticking.

Cover to keep warm off heat.

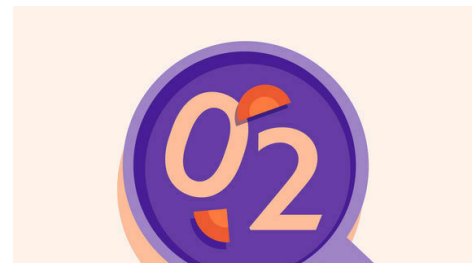


### 4. Make cream sauce

Melt **2 tablespoons butter** in same skillet over medium heat.

Whisk in **2 tablespoons flour**; cook until golden and nutty, 30 seconds. Slowly whisk in **broth concentrate** and **2 cups milk**. Bring to a boil, stirring, until sauce is thickened enough to coat the back of a spoon, 3–5 minutes (see our pro tip in step 6).

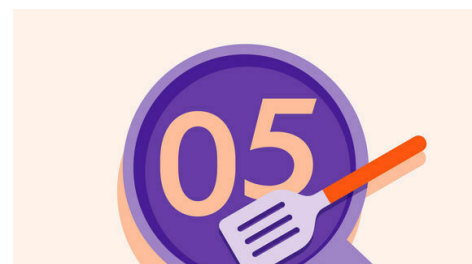
Remove from heat, then stir in **beef and onion mixture**.



### 2. Slice & sauté onion

Halve **onion** then thinly slice crosswise.

Heat **1 tablespoon oil** in a large skillet over medium high. Add **sliced onions**; season with **salt** and **pepper**. Cook, stirring occasionally, until softened and golden, 7–10 min (reduce heat to medium if browning too quickly). Use a slotted spoon to transfer onions to a plate.

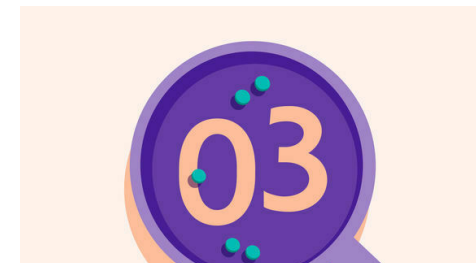


### 5. Finish & serve

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

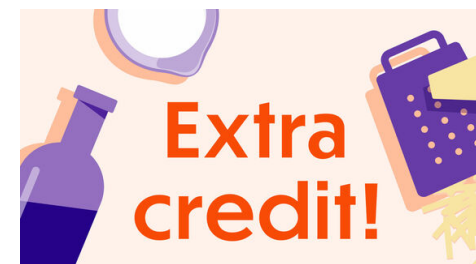
Sprinkle **Parmesan** over top.

Enjoy!



### 3. Cook beef

To same skillet, add **beef** and  **$\frac{1}{2}$  teaspoon each of salt and pepper**. Cook, stirring, until beef is deeply browned and cooked through, 7–10 min. Transfer to plate with **sautéed onions**.



### 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).