




Beef Noodle Stir Fry



 15 min

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 6 Servings

INGREDIENTS

- ☐ Udon Noodles (400 g)
- ☐ Olive Oil (1 tbsp)
- ☐ Ground Beef (450 g)
- ☐ Onion (1)
- ☐ Red Bell Pepper (1)
- ☐ Green Bell Pepper (1)
- ☐ Broccoli Florets (350 g)
- ☐ Green Onion (1)

SAUCE

- ☐ Soy Sauce (1/4 cup)
- ☐ Rice Wine Vinegar (2 tbsp)
- ☐ Sugar (2 tbsp)
- ☐ Garlic (3 cloves)
- ☐ Ginger (1 tbsp)
- ☐ Sesame Oil (1 tsp)
- ☐ Sriracha (1 tsp)

④ Stir in bell peppers and broccoli. Cook, stirring frequently, about 3-4 minutes. Stir in noodles and soy sauce mixture until well combined for about 2-3 minutes.

⑤ Garnish with green onion and serve.

PREPARATION

Dice the onion. Thinly slice the bell peppers and green onion. Grate the ginger and mince the garlic.

COOKING

① In a bowl, whisk together soy sauce, rice wine vinegar, brown sugar, garlic, ginger, sesame oil and Sriracha. Set aside.

② In a large pot of boiling water, cook the noodles according to package instructions and drain the water.

③ Heat olive oil in a large skillet over medium high heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks.

