

Korean Beef Zucchini Noodles



15 min

10 min

4 Servings

INGREDIENTS

- ☐ Sugar (1/3 cup)
- ☐ Soy Sauce (1 tbsp)
- ☐ Ginger (1 tbsp)
- ☐ Sesame Oil (1 tbsp)
- ☐ Sriracha (1 tsp)
- ☐ Olive Oil (1 tbsp)
- ☐ Garlic (1 tsp)
- ☐ Ground Beef (450 g)
- ☐ Zucchini (700 g)
- ☐ Green Onion (2)
- ☐ Sesame Seeds (1/4 tsp)

PREPARATION

Grate the ginger, mince the garlic and thinly slice the green onions.

COOKING

- In a small bowl, whisk together brown sugar, soy sauce, ginger, sesame oil and Sriracha.
- Heat olive oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, making sure to crumble the beef as it cooks. Salt to taste.
- Stir in zucchini noodles, green onions and soy sauce mixture until well combined, allowing to simmer until heated through, about 2 minutes.
- Garnish with sesame seeds and serve.

