



# KOREAN BEEF & NOODLE STIR-FRY

*with broccoli, cabbage, carrots, ginger relish & cashews*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
900

Bulgogi, a classic Korean dish starring sweet-and-savory grilled beef, is reimagined for tonight's dinner — sans grill. Here, we're using quick-cooking ground beef to soak up an ultra-craveable bulgogi-style amino sauce. It's served over chewy udon noodles that have been tossed in a lime-spiked ginger relish and strewn with cashews and stir-fried veggies. The best part? It all comes together in just 25 minutes.

## INGREDIENTS (8 ITEMS)

- 4 oz **Udon noodles** W
- 1 oz **Ginger relish with lime**
- 6 oz **Broccoli**
- ½ oz **Dry-roasted cashews** T
- 4 ¼ oz **Cabbage & carrots**
- 10 oz **Ground beef\***
- 3 ½ oz **Bulgogi-style amino sauce** T
- 1 tsp **Black & white sesame seeds**

## WHAT YOU'LL NEED

- large pot
- medium & large sauté pans
- measuring spoons
- strainer
- cooking oil
- salt & pepper

## ALLERGENS

- W WHEAT
- T TREE NUTS (cashews, coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK NOODLES

- Bring a large pot of lightly salted water to a boil. Add **udon noodles**. Stir. Cook 6-9 minutes, or until tender, stirring occasionally.
- Strain **noodles**; shake off excess water. Return to pot. Drizzle with about 1 teaspoon cooking oil and **ginger relish with lime**. Stir to coat.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Thinly slice **broccoli** lengthwise.
- Roughly chop **dry-roasted cashews**.

## 3 MAKE STIR-FRY

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 4 minutes, or until broccoli begins to brown, stirring occasionally.
- Add **cabbage\* and carrots**. Cook about 2 minutes, or until veggies are just tender, stirring occasionally.
- Remove from heat. Transfer **noodles** and **cashews** to pan. Salt and pepper to taste.\*\* Stir to combine

*\*The ingredient you received may be a different color.*

*\*\*Taste the stir-fry after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

## 4 COOK BEEF

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **ground beef** to hot pan. Stir to break up beef. Cook 4-6 minutes, or until beef is fully cooked, stirring occasionally.
- Add about half of the **bulgogi-style amino sauce** to pan. Stir to coat. Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally.

## 5 PLATE YOUR DISH

- Divide **veggie and noodle stir-fry** between bowls. Top with **beef**. Drizzle with remaining **bulgogi-style amino sauce** to taste. Garnish with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (434g)

**Amount per serving**

**Calories** **900**

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1310mg	57%
<b>Total Carbohydrate</b> 66g	24%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 2g Added Sugars	4%
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 5mg	30%
Potassium 702mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ground Beef** [beef], **Bulgogi-Style Amino Sauce** (Garlic, Yellow Onions, Coconut Aminos [organic coconut tree sap, sea salt], Pear Juice [juice from ripe, whole organic pears, ascorbic acid], Puréed Ginger [ginger], Agave [organic agave syrup], Crushed Red Pepper Flakes, Sea Salt, Toasted Sesame Oil [toasted sesame oil], Ascorbic Acid [ascorbic acid]), **Broccoli, Red Cabbage, Carrots, Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds]), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Udon Noodles** [heirloom wheat and buckwheat flour, sea salt ], **Ginger-Lime Relish** (Puréed Ginger [ginger], Lime Juice [lime], Sesame Oil [refined sesame oil], Sunflower Oil [high oleic sunflower oil], Rice Wine Vinegar [rice vinegar, sugar, salt, water])

### Allergen information:

Contains Wheat And Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*