

DINNERLY



⚡ FAST

Korean Beef Noodles with Spring Onion



20-30 minutes



4 Servings

Discover why Korean cuisine is so huge right now. Flash-fry beef in sweet and spicy Korean chilli paste, toss through egg noodles and sesame seeds, then taste the sensation.

WHAT WE SEND

- 4 spring onions
- 2 x 200g egg noodles ^{1,3}
- 4 carrots
- beef mince
- 60g Korean chilli paste ^{1,6}
- 10g toasted sesame seeds ¹¹

WHAT YOU NEED

- barbecue sauce
- garlic clove
- soy sauce ⁶
- vegetable oil

TOOLS

- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

Korean chilli paste, also known as gochujang, is a spicy condiment. If you don't like heat or there are kids around, halve the amount of paste.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

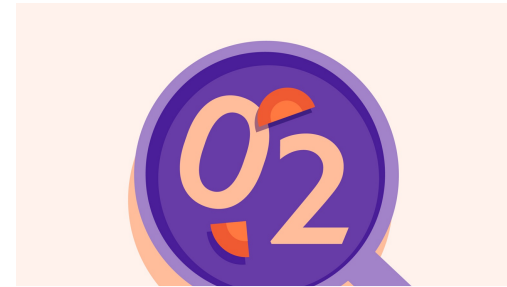
NUTRITION PER SERVING

Energy 755kcal, Fat 23.0g, Carbs 69.8g, Proteins 46.1g



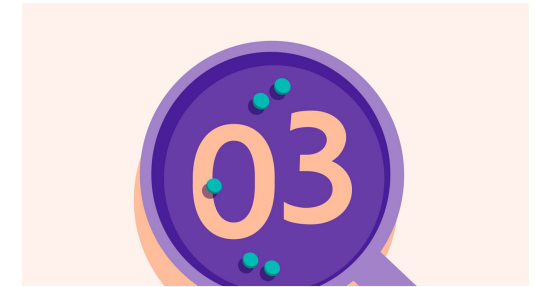
1. Prep ingredients

Bring a large saucepan of salted water to the boil for the noodles. Crush or finely chop **3 garlic cloves**. Peel the **carrots**, then shred with a julienne peeler or coarsely grate with a box grater. Thinly slice the **spring onions**, keeping the white and green parts separate.



2. Brown beef

Heat **1½ tbs vegetable oil** in a large deep frypan over high heat. Cook the **beef mince**, **garlic**, **half the carrot**, the **white part of the spring onion** and a **pinch of pepper**, breaking up the lumps with a spoon, for 5 mins or until browned.



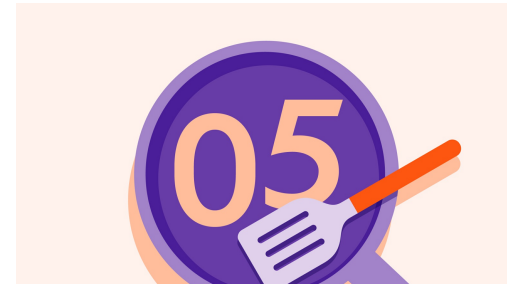
3. Add sauces and simmer

Stir in the **Korean chilli paste** (see cooking tip), **250ml (1 cup) water**, **60ml (¼ cup) barbecue sauce** and **2 tbs soy sauce**. Bring to the boil, then reduce the heat to low and cook for 5 mins or until thickened slightly.



4. Cook noodles

Meanwhile, cook **three-quarters of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 4 mins. Drain, then rinse under water to prevent the noodles sticking.



5. Serve up

Divide the **noodles** among bowls. Spoon over the **sauce**, top with the **remaining carrot**, then scatter with the **sesame seeds** and **remaining spring onion**. Enjoy.



6. Make it yours

Add extra fresh flavour with a handful of roughly chopped coriander leaves, scattered over to serve.