



FAST

## Japanese Beef & Noodles

with Ginger Broth & Bok Choy



20-30min



2 Servings

Chuka soba or 'curly ramen noodles' are a type of Japanese dried wheat noodle that has a distinct curly appearance due to folding in an intricate pattern before they're dried. The texture makes these noodles perfect for slurping up (which is the polite way to eat noodles in Japanese culture) in a rich gingery broth.



## What we send

- fresh ginger
- Shichimi togarashi <sup>11</sup>
- chukka soba <sup>1</sup>
- chicken broth concentrate
- scallions
- garlic
- ground beef
- baby bok choy
- tamari in fish-shaped pods <sup>6</sup>

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- colander
- nonstick skillet
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 25g, Carbs 90g, Proteins 45g



### 1. Cook egg

Fill a medium saucepan with **salted water**. Bring to a boil, then carefully add **1 large egg** (the water should cover the egg by a ½ inch) and simmer over medium heat for 6 minutes. Using a slotted spoon, remove from saucepan and place in a bowl of cold water. Once cool, peel and set egg aside. Reserve water and pot for step 2.



### 4. Make broth

In reserved saucepan, combine 4 cups water, **broth concentrate**, **sliced ginger**, and **1 tablespoon of the tamari**. Bring to a boil. Season to taste with **salt** and **pepper**, then remove from heat.



### 2. Cook noodles

Return pot of water to a boil. Add **noodles**, and cook, stirring occasionally to prevent from sticking, until al dente, about 5 minutes. Drain, rinse with cold water, then drain again. Reserve saucepan for step 4.



### 5. Cook beef

Heat **2 teaspoons oil** in a medium, nonstick skillet over medium-high. Add **beef** and a **pinch each salt and pepper**. Cook, breaking up large pieces, until beef is well browned, 5 minutes. Add **garlic**, **chopped ginger**, **scallion whites**; cook, stirring, 1 minute. Add **1 tablespoon sugar** and **remaining tamari**. Cook, stirring, until liquid is reduced sticky, 1-2 minutes.



### 3. Prep ingredients

Meanwhile, peel and finely chop **half the ginger**, then thinly slice remaining. Peel and finely chop **1 teaspoon garlic**. Trim and discard ends from **scallions**, then thinly slice, keeping dark greens separate. Halve **bok choy** lengthwise, then cut crosswise into ½-inch wide ribbons.



### 6. Finish & serve

Return broth to a simmer, then add **bok choy**. Immediately remove from heat. Place **noodles** in bowls and pour hot broth over. Halve **egg** lengthwise. Top **noodles** and **broth** with **beef**, **scallion greens**, **egg**, and **desired amount of shichimi togarashi** (depending on heat preference). Enjoy!