



**FAST**

## Japanese Beef & Noodles

with Ginger Broth & Bok Choy



20-30min



4 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

- chukka soba <sup>1</sup>
- chicken broth packet
- garlic
- ground beef
- Shichimi togarashi <sup>11</sup>
- scallions
- fresh ginger
- baby bok choy
- tamari soy sauce <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 780kcal, Fat 24g, Carbs 90g, Proteins 45g



### 1. Cook eggs

Fill a large saucepan with **salted water**. Bring to a boil, then carefully add **2 large eggs** (the water should cover the eggs 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 eggs aside. Reserve water and saucepan for step 2.



### 4. Make broth

In reserved saucepan, combine 8 cups water, **broth packets, sliced ginger, and 2 tablespoons of the tamari**. Cover and 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 **1 tablespoon oil** in a large 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, about 1 minute. Add **remaining tamari and 2 tablespoons sugar**. Cook, stirring, until liquid is reduced, 1-2 minutes.



### 3. Prep ingredients

While **eggs and noodles** cook, peel and finely chop **half of the ginger**. Thinly slice remaining. Peel and finely chop **2 teaspoons 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. Divide **noodles** among serving bowls and pour hot broth over. Halve **eggs** lengthwise. Top **noodles and broth** with **ground beef, scallion greens, eggs** and desired amount of **shichimi togarashi** (depending on heat preference). Enjoy!