

Stir-Fried Beef & Udon Noodles

with Gai Lan & Thai Basil

In this recipe, we're making an easy stir-fry inspired by a range of Asian cuisines. We're cooking beef and gai lan (or Chinese broccoli, a bittersweet leafy green) in hoisin sauce, a Chinese condiment used much like American barbecue sauce. And we're mixing in Thai basil to infuse the dish with deeply herbaceous flavor. Finally, Japanese udon noodles offer extra heartiness and distinctively chewy texture. They can simply be added to the pan in the last few minutes of stir-frying—no boiling necessary. You'll get delectable results in no time!



Ingredients

- 1½ Pounds Ground Beef
- 1 Pound Fresh Udon Noodles
- 3 Cloves Garlic
- 3 Scallions
- 1 Bunch Gai Lan
- 1 Lime
- 1 Bunch Thai Basil

Knick Knacks

- 3 Tablespoons Peanuts
- 1 1-Inch Piece Ginger
- ½ Cup Hoisin Sauce

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 15 to 25 min



For cooking tips & tablet view, visit blueapron.com/recipes/fp177

Recipe #177

Instructions

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1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut off and discard the bottom inch of the gai lan stems; roughly chop the leaves and stems. Pick the basil leaves off the stems; discard the stems. Quarter the lime. Roughly chop the peanuts.

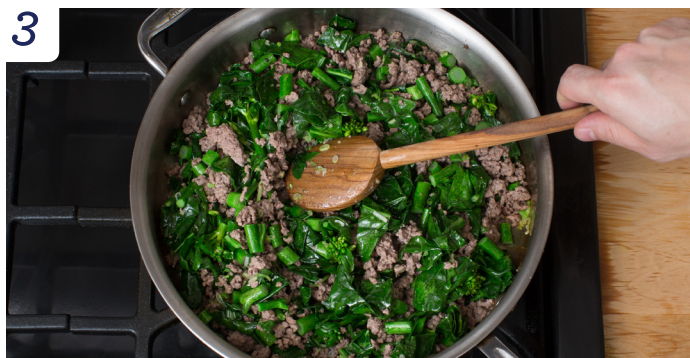
2



Cook the beef & aromatics:

In a large pan, heat 1 tablespoon of oil on medium-high until hot. Add the **ground beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until lightly browned and just cooked through. Add the **garlic, ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant.

3



Add the gai lan:

Add the **gai lan** to the pan; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the gai lan is bright green and slightly wilted.

4



Add the sauce & noodles:

Add the **hoisin sauce, basil** and $\frac{1}{2}$ **cup of water** to the pan; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Add the **noodles**. Cook, stirring frequently, 2 to 4 minutes, or until the noodles are thoroughly coated. Remove from heat and season with salt and pepper to taste.

5



Serve your dish:

Divide the **cooked beef and noodles** between 4 dishes. Garnish with the **lime wedges, green tops of the scallions** and **peanuts**. Enjoy!