

One-Pot Beef & Udon Noodles

with Sweet Peppers & Carrots

4 SERVINGS













⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



For quick cooking (and easy cleanup!), you'll make this recipe all in one pot by bringing together tender noodles, rich beef, and crisp vegetables with an irresistibly savory-sweet sauce of garlic, sesame oil, sambal oelek, and more.

Ingredients

- | | |
|--|--|
|  1 ½ lbs Ground Beef |  1 Tbsp Rice Vinegar |
|  1 lb Fresh Udon Noodles* |  1 Tbsp Sambal Oelek |
|  ½ lb Sweet Peppers |  ⅓ cup Soy Glaze |
|  2 cloves Garlic |  2 Tbsps Chicken Demi-Glaze |
|  ¾ lb Carrots |  3 Tbsps Soy-Miso Sauce |
|  1 Tbsp Sesame Oil |  1 Tbsp Togarashi Seasoning** |



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

*previously frozen

**Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

1 Prepare the ingredients & make the sauce

- Remove the **noodles** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Combine the **quartered peppers** and **sliced carrots** in a bowl.
- Peel and roughly chop **2 cloves of garlic**; place in a separate bowl. Add the **soy-miso sauce, soy glaze, sesame oil, vinegar, demi-glaze, ¼ cup of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to combine.



2 Cook the vegetables

- In a large pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **prepared vegetables**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until slightly softened.



3 Cook the beef

- Add the **beef** to the pot; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.



4 Finish & serve your dish

- Meanwhile, using your hands, carefully separate the **noodles**.
- Add the **noodles and sauce** to the pot. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly coated and the noodles are heated through. Turn off the heat.
- Taste, then season with salt and pepper if desired.
- Serve the **finished beef and noodles** garnished with the **togarashi**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 760, Total Carbohydrates: 80g, Dietary Fiber: 4g, Added Sugars: 18g, Total Fat: 35g, Saturated Fat: 11g, Protein: 33g, Sodium: 2030mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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