

One-Pan Beef & Udon Noodle Stir-Fry

with Bok Choy & Bell Pepper

2 SERVINGS | 20-30 MINS

 **Blue Apron**
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Ingredients



10 oz Ground Beef 



10 oz Tail-On Shrimp¹ 



½ lb Fresh Udon Noodles²



2 Scallions



10 oz Baby Bok Choy



1 Red, Yellow, or Orange Bell Pepper



2 tsps Gochujang



2 Tbsps Soy Glaze



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar

1. peeled & deveined 2. previously frozen
*Ingredients may be replaced and quantities may vary.

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 stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- In a bowl, combine the **soy glaze, sesame oil, vinegar, ¼ cup of water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



This recipe was designed for easier cleanup—no extra prep bowls needed!

2 Cook the beef

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until the beef is browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



↶ CUSTOMIZED STEP 2 *If you chose Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

3 Cook the vegetables

- To the pan of reserved fond, add the **diced pepper** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are softened and the bok choy leaves are wilted. Turn off the heat.



4 Finish & serve your dish

- Using your hands, carefully separate the **noodles**.
- Add the **noodles, cooked beef, and sauce** to the pan of **cooked vegetables**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the noodles are heated through and the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished beef and noodles** garnished with the **sliced green tops of the scallions**. Enjoy!



↶ CUSTOMIZED STEP 4 *If you chose Shrimp*

- Finish and serve your dish as directed, using the **cooked shrimp** (instead of beef).