

# One-Pan Beef & Udon Noodle Stir-Fry

with Bok Choy & Bell Pepper

2 OR 4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients\*



10 oz Ground Beef or  
20 oz for 4 servings



1 Bell Pepper or  
2 for 4 servings



2 Tbsps Soy Glaze or  
3 Tbsps for  
4 servings



½ lb Fresh Udon  
Noodles<sup>1</sup> or  
1 lb for 4 servings



2 Scallions



1 Tbsp Sesame Oil or  
2 Tbsps for  
4 servings



10 oz Baby Bok Choy  
or 1 ¼ lbs for  
4 servings



2 tps Gochujang or  
1 Tbsp for 4 servings



1 Tbsp Rice Vinegar  
or 2 Tbsps for  
4 servings



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<sup>1</sup> previously frozen

\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 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** or *½ cup of water if you're cooking 4 servings*, 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 browned 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.



## 4 Finish & serve your dish

- Using your hands, carefully separate the **noodles**.
- To the pan, add the **noodles, cooked beef, and sauce**. Cook, 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!

