

# One-Pot Beef & Udon Noodles

with Sweet Peppers & Carrots

4 SERVINGS

20-30 MINS

 **Blue Apron**  
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## Ingredients\*



18 oz Ground Beef



1 lb Fresh Udon Noodles<sup>1</sup>



½ lb Sweet Peppers



2 cloves Garlic



¾ lb Carrots



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar



1 Tbsp Sambal Oelek



⅓ cup Soy Glaze



2 ½ Tbsps Chicken Demi-Glaze



3 Tbsps Soy-Miso Sauce



1 Tbsp Togarashi Seasoning<sup>2</sup>

## Cook along on the app



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1. previously frozen 2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds  
\*Ingredients may be replaced and quantities may vary.



"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 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!

