

DINNERLY



Spicy Gochujang Beef Udon Bowl with Spring Onion and Sesame Seeds



25 minutes



2 Servings

Spice is nice – are we right? We're right! Spice fiends know that a wallop of heat makes some dishes even more tempting and we love breaking out fierier spice mixes from time to time. They give dishes like this noodle bowl a lovely, aromatic kick in the zing department.

WHAT WE SEND

- 1 spring onion
- 1 bunch pak choy
- 2 garlic cloves
- lean beef mince
- 30g Korean chilli paste ^{2,4,5}
- 180g udon noodles ^{2,5}
- 2 x 5g toasted sesame seeds ³

WHAT YOU NEED

- 1 tsp soy sauce ⁴
- 2 tsp vegetable oil
- 2 tsp sugar
- 2 eggs (optional) ¹

TOOLS

- medium saucepan
- medium deep frypan
- small saucepan

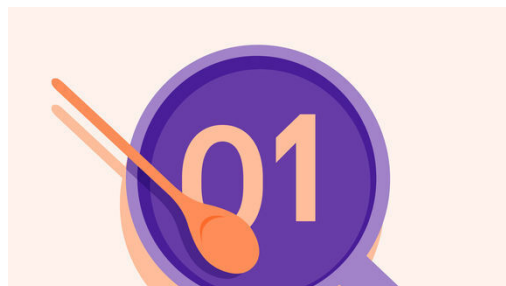
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens.

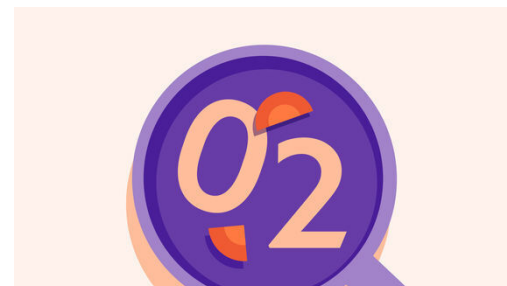
NUTRITION PER SERVING

Energy 755kcal, Fat 27.7g, Carbs 75.7g, Protein 51.6g



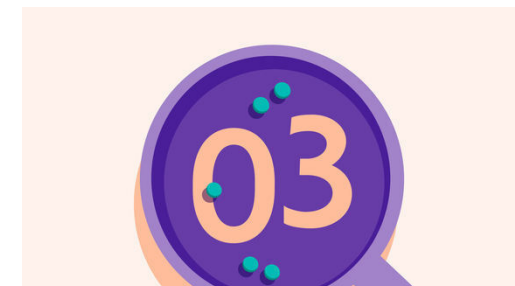
1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly slice the **spring onion** (see Make it yours). Trim the **pak choy** and separate the leaves. Crush or finely chop **2 garlic cloves**. Put the garlic, **beef mince** and **1 tsp soy sauce** in a large bowl and season with **pepper**. Using damp hands, combine well, then shape into 4 equal patties.



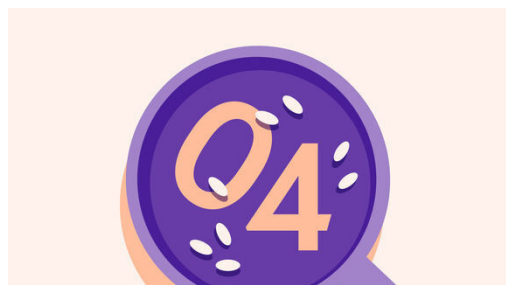
2. Cook patties

Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Cook the **patties** for 3-4 mins each side until browned and cooked through. Add the **chilli paste**, **2 tsp sugar** and **60ml (¼ cup) water** and cook, turning the patties to coat, for 1 min or until well coated. Remove the patties from the pan. Reserve the chilli sauce in the pan.



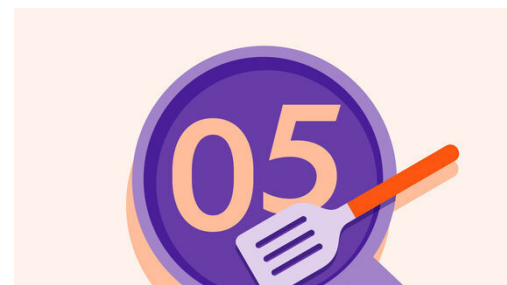
3. Cook noodles and pak choy

If adding the boiled eggs, bring a small saucepan of water to the boil for the eggs. Meanwhile, cook the **noodles** in the medium pan of boiling water for 9 mins. Add the **pak choy** and cook for a further 1 min or until the pak choy and noodles are tender. Drain, then rinse under cold water to prevent the noodles from sticking.



4. Cook eggs

While the noodles and pak choy are cooking, cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled, or 8 mins for hard-boiled. Drain, then cool in cold water.



5. Serve up

Add the **noodles and pak choy** to the reserved chilli sauce in the pan and toss to coat. Peel and halve the **eggs**. Divide the **noodle mixture**, **beef patties** and egg among bowls. Scatter with the **sesame seeds** and **spring onion** and enjoy!



6. Make it yours

Want to give your dish extra flair? Shred the green part of the spring onion lengthwise like we have in the photo. To make it curl up, put it in an iced water bath for 5 mins or until curly, then drain.