

Zucchini Bread Recipes

Mongolian Ground Beef Noodles

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 12 oz egg noodles
- [ ] 2 tbsp vegetable oil
- [ ] 3 garlic cloves, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 3 green onions, sliced

For the Sauce

- [ ] ¼ cup low-sodium soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp rice vinegar
- [ ] ½ tsp crushed red pepper flakes (optional)
- [ ] 1 tsp sesame oil

Instructions

1. Cook the egg noodles in salted water until al dente, then drain and rinse under cool water; set aside.

2. Heat oil in a large skillet over medium-high heat, add the ground beef, and crumble; brown until a deep caramel forms, about 5-6 minutes.



3. Add the minced garlic and grated ginger to the beef, stirring for 30 seconds until fragrant; then pour in the soy-sugar mixture, stirring to coat.

4. Toss the cooked noodles into the skillet, mixing until every strand is glossy with sauce; finish with sesame oil and sliced green onions.



5. Serve immediately, garnished with extra green onions or toasted sesame seeds if desired.

Nutrition per serving

420 kcal	24 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water or broth.
- For deeper flavor, marinate the beef in half the sauce for 15 minutes before cooking.
- A quick drizzle of toasted sesame oil at the end adds a pleasant nutty aroma.