

Choco Fever Dream

Mongolian Ground Beef Noodles – Easy Pasta Recipe

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
- [ ] 8 oz egg noodles
- [ ] 2 tbsp vegetable oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1/4 cup soy sauce (low-sodium)
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 2 green onions, sliced
- [ ] 1 tsp toasted sesame seeds (optional)

For the Sauce

- [ ] 1/3 cup beef broth
- [ ] 1 tbsp cornstarch mixed with 2 tbsp water
- [ ] 1/2 tsp black pepper

Instructions

1. Heat the vegetable oil in a large skillet over medium-high heat. Add the ground beef, break it up, and cook until browned, about 5-6 minutes. creamy ground beef.
2. Add garlic and ginger; stir for 30 seconds until fragrant. Then pour in soy sauce, brown sugar, rice vinegar, and broth. Bring to a gentle simmer.
3. Stir the cornstarch slurry into the sauce, cooking until it thickens, about 2 minutes. Season with black pepper.
4. Meanwhile, cook the noodles according to package directions until al dente; drain and set aside.
5. Add the cooked noodles to the skillet, tossing to coat them evenly with the glossy sauce. Drizzle sesame oil, then remove from heat.
6. Garnish with sliced green onions and sesame seeds. Serve immediately while steaming.

Nutrition per serving

420 kcal	22 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, thin it with a splash of water or extra broth.
- For a deeper flavor, let the beef rest for a couple of minutes before adding the sauce.
- Taste before serving; adjust sweetness or saltiness as desired.