

Helergon Kitchen

Mongolian Ground Beef Noodles – Easy Weeknight Dinner

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

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 12 oz egg noodles
- [ ] 2 tbsp vegetable oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, minced
- [ ] ¼ cup low-sodium soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tsp sesame oil
- [ ] 2 green onions, sliced

Optional Add-Ons

- [ ] ½ cup sliced carrots
- [ ] ½ cup snap peas
- [ ] Crushed peanuts for garnish

Instructions

1. Bring a pot of salted water to a boil, add the noodles, and cook until al dente; drain, reserving ½ cup of cooking water.
2. While the noodles cook, heat oil in a large skillet over medium-high heat. Add the ground beef, season with a pinch of salt, and crumble; cook until browned, about 4-5 minutes.
3. Stir in garlic and ginger, letting their scent fill the kitchen – oops, watch for any burn, sauté for 30 seconds.
4. Mix soy sauce, brown sugar, and sesame oil in a small bowl; pour over the beef, scraping up any browned bits.
5. Add the cooked noodles to the skillet, tossing to coat. If the glaze feels thick, drizzle in reserved noodle water a tablespoon at a time.
6. Finish with sliced green onions and optional veggies; give everything a final toss, then serve hot.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra gloss, add a thin splash of water after tossing the noodles.
- If you prefer less sweetness, reduce the brown sugar by half.
- A quick garnish of crushed peanuts adds a pleasant crunch.