

Plate Dream

Mongolian Ground Beef Noodles – Easy Dinner

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Asian Fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80% lean)
- [ ] 8 oz noodles (egg or wheat)
- [ ] 2 tbsp vegetable oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 1/4 cup soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sriracha or chili paste
- [ ] 2 green onions, sliced
- [ ] 1 tsp toasted sesame seeds
- [ ] 1 tsp sesame oil

Instructions

1. Heat the oil in a large skillet over medium-high heat. Add the ground beef, breaking it up, and cook until browned, about 5-6 minutes.
2. Stir in garlic and ginger; sauté for 30 seconds until fragrant.
3. Mix soy sauce, brown sugar, rice vinegar, and sriracha in a bowl. Pour over the beef, reduce heat to medium, and let the sauce simmer, stirring occasionally, until thickened, about 3-4 minutes.
4. Meanwhile, cook noodles according to package directions until al dente. Drain, reserving 1/4 cup cooking water.
5. Add noodles to the skillet, tossing to coat. If the sauce seems thick, add a splash of the reserved noodle water.
6. Finish with green onions, sesame seeds, and a drizzle of sesame oil. Serve hot.

Nutrition per serving

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

Tips & notes

- For a richer sauce, add a teaspoon of hoisin sauce.
- If you prefer less sweetness, reduce brown sugar to 1 tbsp.
- A pinch of crushed red pepper flakes adds extra heat without overwhelming the dish.