

Bite Spoon

Mongolian Ground Beef Noodles

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

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 8 oz egg noodles
- [ ] 3 tbsp soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp rice vinegar
- [ ] 2 tsp sesame oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 2 green onions, sliced
- [ ] 1 tbsp vegetable oil

For Garnish

- [ ] 1 tsp toasted sesame seeds
- [ ] Extra sliced green onions

Instructions

1. Heat the vegetable oil in a large skillet over medium-high heat; add the ground beef, breaking it up, and cook until nicely browned, about 5 minutes.
2. Stir in minced garlic and grated ginger, cooking for another minute until fragrant.
3. Whisk together soy sauce, brown sugar, rice vinegar, and sesame oil; pour the mixture over the beef and let it simmer for 2 minutes.
4. Add the cooked noodles to the pan, tossing gently to coat them evenly with the sauce; cook for 2-3 minutes until heated through.
5. Remove from heat, sprinkle with toasted sesame seeds and sliced green onions, then serve hot.

Nutrition per serving

420 kcal	28 g	42 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, let the beef rest a minute after browning before adding aromatics.
- If the sauce thickens too quickly, add a splash of water or broth.
- Adjust sweetness by tasting; a touch more brown sugar can balance extra salt.