Ginger Beef and Broccoli Udon

2 generous bowls of beef, broccoli and udon | Active 20 min | Cook 15 min | Total 35 min

Ingredients

- 12 oz beef sirloin, trimmed and cut across the grain into 1/4-inch/6 mm strips (340 g)
- 3 cups small broccoli florets and thinly sliced peeled stems (300 g)
- 2 portions plain cooked udon noodles (400 g total, without sauce)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 1 tablespoon rice vinegar (15 ml)
- 1 teaspoon brown sugar (4 g)
- 1 teaspoon cornstarch (3 g)
- 1/4 cup water (60 ml)
- 1 tablespoon neutral oil (15 ml), divided
- 1 tablespoon finely grated fresh ginger (15 g)
- 2 garlic cloves, minced (6 g)
- 2 scallions, thinly sliced (30 g)

Set out

Large saucepan, Colander, 12-inch/30 cm skillet or wok, Tongs, Food thermometer

Allergens

Wheat, Soy. Check labels and substitutions.

Make it

1. Bring a large saucepan of water to a boil. Blanch broccoli for 2 minutes, lift into a colander and drain. Loosen udon in the hot water according to the package directions, then drain thoroughly.

2. Mix soy sauce, rice vinegar, brown sugar, cornstarch and the measured 1/4 cup water in a small bowl.

3. Heat 2 teaspoons oil in the skillet over medium-high heat. Brown beef in 2 uncrowded batches, about 2–3 minutes per batch, turning as needed. Check a thick strip reaches 145°F/63°C, transfer each batch to a clean plate and allow at least a 3-minute rest before serving.

4. Add the remaining 1 teaspoon oil, ginger, garlic and half the scallions to the skillet. Stir for 30 seconds. Add broccoli and noodles. Stir the sauce again, pour it in and toss for 2–3 minutes until it coats the noodles and broccoli is tender-crisp.

5. Return beef and any collected juices to the skillet and toss briefly until hot. Divide into two bowls and finish with the remaining scallions. Ensure the beef has completed its 3-minute rest before serving.

Ginger Beef and Broccoli Udon

2 generous bowls of beef, broccoli and udon | Active 20 min | Cook 15 min | Total 35 min

Estimated nutrition per serving

Calories: 615 kcal | Protein: 48.7 g | Carbohydrate: 73.2 g | Fat: 14.8 g | Fiber: 7.8 g. One of 2 servings. Batch yield: 2 generous bowls of beef, broccoli and udon. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Set up the last five minutes

Put the drained broccoli and noodles, mixed sauce, and clean cooked-beef plate within reach before the final toss. This small setup step matters more than trying to stir faster. It keeps a quick dinner from becoming a sequence of overcooked ingredients while you search for a missing bowl.

A useful detail

For very thin beef strips, use a thin-tip thermometer inserted lengthwise into a thicker strip. Buying pre-sliced raw stir-fry beef does not remove the need to check doneness. Start with freshly opened plain ready-cooked udon and follow its full heating instructions, or noodles freshly cooked and safely cooled within their original storage window; earlier noodle preparation is not included.

Another way

Replace broccoli with 300 g trimmed snap peas; blanch for just 1 minute before the skillet stage.

Use 400 g plain cooked wheat noodles in place of udon; drain well and avoid noodles supplied with an unmeasured sauce packet.

Keep it well

Refrigerate leftovers in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days and reheat to 165°F/74°C. Add a little water while reheating because noodles absorb sauce during storage. Pack cold portions with two cold sources. Follow an earlier udon opening/use-by limit or 3 days from its original cooking, whichever is sooner; stir-frying does not restart its storage clock.