Gochujang Beef and Cabbage Noodles

2 noodle bowls · Active 20 min · Total 30 min

Skills: Easy

Ingredients

- 5 oz dried medium wheat noodles (140 g)
- 8 oz lean ground beef (225 g)
- 2 teaspoons neutral oil (10 ml)
- 3 cups finely shredded green cabbage (225 g)
- 1 carrot, cut into fine matchsticks (80 g)
- 1 garlic clove, minced
- 1 tablespoon gochujang paste (20 g)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 1 tablespoon rice vinegar (15 ml)
- 1 teaspoon brown sugar (4 g)
- 3 tablespoons water (45 ml)
- 2 scallions, sliced

Set out

Saucepan, Colander, 12-inch skillet, Small bowl, Instant-read thermometer

Allergens

Wheat, Soy. Check labels and substitutions.

Make it

1. Mix gochujang, soy sauce, rice vinegar, sugar and measured water in the small bowl.

2. Cook noodles according to the package. Reserve 1/4 cup cooking water, then drain.

3. Meanwhile, heat oil in the skillet over medium-high. Add beef and cook for 5–6 minutes, breaking into small pieces and checking it reaches 160°F/71°C.

4. Add cabbage, carrot and garlic and stir-fry for 4–5 minutes until the vegetables soften but keep some bite.

5. Add noodles and sauce. Toss over medium heat for 2 minutes until coated and hot. Add reserved cooking water by the tablespoon only if needed. Finish with scallions.

Keep the noodles manageable

Cut very long cooked strands once or twice with clean kitchen scissors before packing. A fork can then lift a useful mouthful rather than drawing half a box of noodles onto a narrow break-room table.

A useful detail

A thick gochujang paste is not the same as a thin ready-made gochujang sauce. Use the paste for the measured seasoning balance.

Keep it well

Refrigerate in a shallow covered container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C with a small splash of water and stir thoroughly.