



Long Livo

Mongolian Ground Beef Noodles – Easy Pasta Recipe

15 min
Prep time

4
Servings

20 min
Cook time

Easy
Difficulty

35 min
Total time

Asian
Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb ground beef
- ☐ 8 oz egg noodles
- ☐ 2 tbsp vegetable oil
- ☐ 3 cloves garlic, minced
- ☐ 1 tbsp fresh ginger, grated
- ☐ 1/4 cup soy sauce (low-sodium)
- ☐ 2 tbsp brown sugar

- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp sesame oil
- ☐ 2 green onions, sliced
- ☐ 1 tsp toasted sesame seeds (optional)

For the Sauce

- ☐ 1/3 cup beef broth
- ☐ 1 tbsp cornstarch mixed with 2 tbsp water
- ☐ 1/2 tsp black pepper

Instructions

- 1 Heat the vegetable oil in a large skillet over medium-high heat. Add the ground beef, break it up, and cook until browned, about 5-6 minutes. creamy ground beef.
- 2 Add garlic and ginger; stir for 30 seconds until fragrant. Then pour in soy sauce, brown sugar, rice vinegar, and broth. Bring to a gentle simmer.
- 3 Stir the cornstarch slurry into the sauce, cooking until it thickens, about 2 minutes. Season with black pepper.
- 4 Meanwhile, cook the noodles according to package directions until al dente; drain and set aside.
- 5 Add the cooked noodles to the skillet, tossing to coat them evenly with the glossy sauce. Drizzle sesame oil, then remove from heat.
- 6 Garnish with sliced green onions and sesame seeds. Serve immediately while steaming.

Nutrition per serving

420 kcal
Calories

22 g
Protein

45 g
Carbs

18 g
Fat

Tips & notes

- If the sauce becomes too thick, thin it with a splash of water or extra broth.
- For a deeper flavor, let the beef rest for a couple of minutes before adding the sauce.
- Taste before serving; adjust sweetness or saltiness as desired.