

Korean Beef Zucchini Noodles

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Adapted from: <https://damndelicious.net/2017/10/08/korean-beef-zucchini-noodles/>

Prep: 15 mins | Cook: 10 mins | Total: 25 mins

Yield: 4 servings

Ingredients:

- 1/3 cup brown sugar, packed
- 1/3 cup reduced sodium soy sauce
- 1 tbsp freshly grated ginger
- 1 tbsp sesame oil
- 1 tsp sriracha, or more to taste
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 lb ground beef
- 1 ½ lb (4 medium-sized) zucchini, spiralized
- 2 green onions, thinly sliced
- ¼ tsp sesame seeds



Instructions

1. In a small bowl, whisk together brown sugar, soy sauce, ginger, sesame oil, and sriracha.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic and cook, stirring constantly until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Stir in zucchini noodles, green onions, and soy sauce mixture until well-combined, allowing to simmer until heated through, about 2 minutes.
4. Serve immediately, garnished with sesame seeds, if desired.

Notes

Vegan? Let's do this! To veganize this dish, simply replace the ground beef with vegetarian ground beef or tofu!