



Beef Curry Udon (Kare Udon)

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots peeled cut into 1/2-in. dice
- ☐ 4 cups chicken broth
- ☐ 12 ounces beef chuck eye cut into 1/2-in. cubes
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon brown sugar dark
- ☐ 1 tablespoon flour
- ☐ 2 teaspoons ginger fresh minced
- ☐ 1.5 teaspoons garam masala

- ☐ 1 garlic clove minced
- ☐ 1 apples i use 2 granny smith apples cored grated peeled
- ☐ 0.5 tsp kosher salt
- ☐ 2 tablespoons mirin
- ☐ 0.3 cup sake
- ☐ 2 teaspoons soya sauce
- ☐ 2 tablespoons a 3.5-oz. block of s&b golden curry sauce mix hot chopped medium or
- ☐ 1 pound udon noodles fresh
- ☐ 2 tablespoons vegetable oil
- ☐ 1 large onion diced yellow
- ☐ 1 large yukon gold potatoes peeled cut into 1/2-in. dice

Equipment

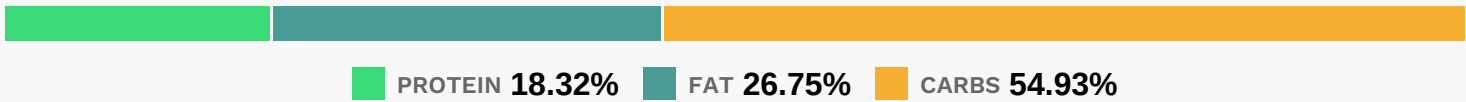
- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat a medium, heavy pot over medium-high heat 2 minutes. Swirl in oil to coat bottom.
- ☐ Add beef in a single layer, working in 2 batches if necessary, and brown well all over, about 10 minutes.
- ☐ Reduce heat to medium-low.
- ☐ Add onion and apple and cook, stirring often, until onion is very soft and golden brown, 15 to 20 minutes.
- ☐ Add garlic, ginger, sake, mirin, and 1/2 tsp. salt and cook, stirring, until liquid is almost evaporated, 3 to 5 minutes.
- ☐ Add curry powder or chopped block curry, garam masala, soy sauce, brown sugar, and chicken broth and simmer, uncovered and stirring occasionally, until beef is tender, about 30 minutes.

- ☐ Add carrot, potato, and squash and cook until vegetables are tender, about 20 minutes. Season with salt to taste.
- ☐ Meanwhile, boil udon (see "Udon Essentials," below). Using a large strainer, scoop out noodles into a large bowl and save water to heat soup bowls.
- ☐ Mix cornstarch, flour, and 2 tbsp. water in a small bowl until smooth. (Omit this step if you are using chopped block curry.) Set a fine-mesh metal strainer in pot of curry and slowly pour in cornstarch mixture, stirring within the strainer (this will prevent lumps).
- ☐ Remove strainer and continue simmering, stirring often, until curry thickens, about 5 minutes.
- ☐ To serve, warm 4 soup bowls by dipping them into hot udon-cooking water. Divide noodles among bowls and top with curry.
- ☐ Udon Essentials Udon (wheat-flour noodles): Store-bought fresh-frozen noodles have a supple texture that's closest to homemade, while the dried ones tend to be thin and flabby. To cook store-bought fresh-frozen udon, drop the frozen block into boiling water. When the water boils again, drain. Cook udon right before serving; the noodles get sticky as they sit.
- ☐ *Find garam masala, an Indian spice blend, in the spice aisle of well-stocked grocery stores and at Indian markets.
- ☐ Make ahead: Curry, up to 4 days, chilled.

Nutrition Facts



Properties

Glycemic Index:95.48, Glycemic Load:49.77, Inflammation Score:-9, Nutrition Score:19.642608738464%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 805.56kcal (40.28%), Fat: 23.95g (36.84%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 110.65g (36.88%), Net Carbohydrates: 100.98g (36.72%), Sugar: 25.33g (28.14%), Cholesterol: 62.53mg (20.84%), Sodium: 2833.01mg (123.17%), Alcohol: 3.27g (100%), Alcohol %: 0.66% (100%), Protein: 36.91g (73.82%), Vitamin A: 3050.77IU (61.02%), Zinc: 6.72mg (44.78%), Fiber: 9.67g (38.7%), Vitamin B12: 2.29µg (38.2%), Vitamin B6: 0.58mg (28.86%), Selenium: 19.1µg (27.29%), Vitamin B3: 5.19mg (25.96%), Phosphorus: 220.99mg (22.1%), Potassium: 696.51mg (19.9%), Vitamin B2: 0.32mg (18.9%), Vitamin C: 14.59mg (17.68%), Vitamin K: 18.13µg (17.27%), Manganese: 0.32mg (15.86%), Iron: 2.73mg (15.17%), Vitamin B1: 0.2mg (13.65%), Magnesium: 40.79mg (10.2%), Copper: 0.18mg (9.21%), Vitamin B5: 0.86mg (8.58%), Vitamin E: 0.99mg (6.57%), Folate: 25.4µg (6.35%), Calcium: 49.56mg (4.96%)