

Ginger Beef Pasta Bowl

A healthy and flavorful Asian-inspired dish featuring tender beef, crunchy cucumbers, and a zesty ginger yogurt sauce served over pasta.



Main Dish

Asian

30 min

Total time

Intermediate

Difficulty

450

kcal / serving

Ingredients

- 1/2 lb beef strips
- 1/2 cucumber, thinly sliced
- 1-inch fresh ginger, grated
- 1 cup cooked pasta of choice
- 1/2 cup plain yogurt
- Salt and pepper to taste

Steps

- 1 In a bowl, marinate beef strips with grated ginger, salt, and pepper.
- 2 Heat a non-stick pan over medium-high heat and cook the marinated beef until browned.
- 3 In a separate bowl, mix plain yogurt with a hint of grated ginger.
- 4 Cook pasta according to package instructions.
- 5 Arrange cooked pasta in a bowl, top with beef, sliced cucumbers, and drizzle with ginger yogurt sauce.
- 6 Enjoy your flavorful Ginger Beef Pasta Bowl!