

Korean Beef Zucchini Noodles

(Adapted from [Damn Delicious](#))

1/3 cup brown sugar, packed
1/3 cup reduced sodium soy sauce
1 tablespoon freshly grated ginger
1 tablespoon sesame oil
1 teaspoon Sriracha, or more to taste
1 tablespoon olive oil
3 cloves garlic, minced
1 pound ground beef
1 1/2 pounds (4 medium-sized) zucchini, spiralized
2 green onions, thinly sliced
1/4 teaspoon sesame seeds

In a small bowl, whisk together brown sugar, soy sauce, ginger, sesame oil and Sriracha.

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.

Stir in zucchini noodles, green onions and soy sauce mixture until well combined, allowing to simmer until heated through, about 2 minutes.

Serve immediately, garnished with sesame seeds, if desired.