

with Broccoli and Carrots

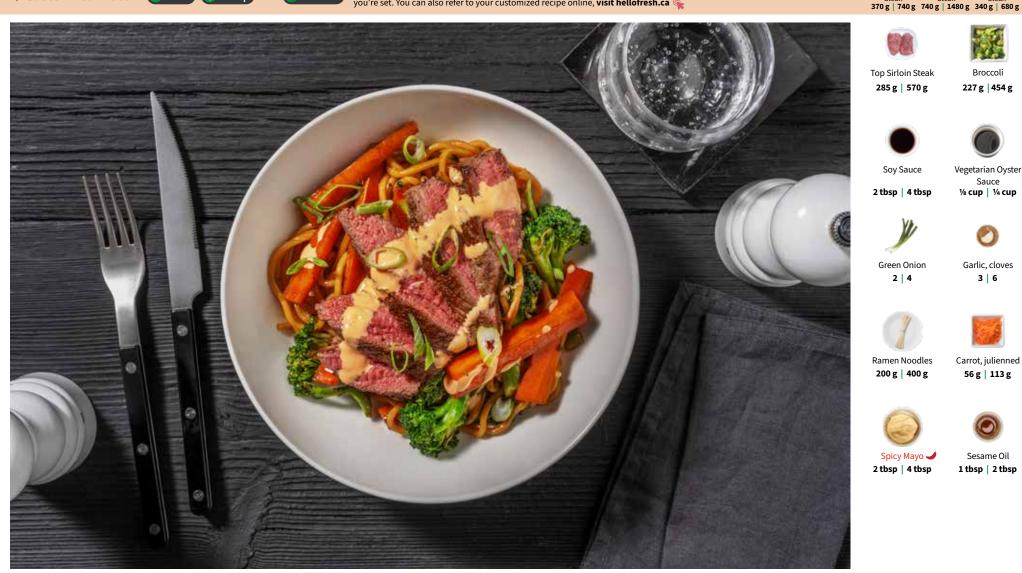
Stir-Fry Special

Spicy

25 Minutes

🔁 Customized Protein 🕒 Add ×2 Double 🚫 Swap) or

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🌑



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Striploin

Steak

Double Striploin Tenderloin

Steak

Steak

Pantry items | Sugar, salt, pepper

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, small bowl, whisk



Prep

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **broccoli** into bite-sized pieces.
- Peel, then grate or mince garlic.
- Thinly slice green onions.
- Add **soy sauce**, **oyster sauce**, **½ tsp** (1 tsp) **sugar** and **¼ cup** (½ cup) **water** to a small bowl, then whisk to combine. Set aside.



Cook noodles

- While **broccoli** cooks, add **ramen noodles** to the boiling water. Cook uncovered until tender, 1-2 min.
- Drain **noodles**, then rinse under warm water.



Prep and cook steak

🚫 Swap | Striploin Steak 🛛

🔇 Swap | Double Striploin Steak

🔿 Swap | Tenderloin Steak

- Pat **steaks** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over mediumhigh. When hot, add half the sesame oil, then steaks. Sear until golden-brown, 1-2 min per side.
- Transfer steaks to an unlined baking sheet.
 Roast in the middle of the oven until cooked to desired doneness, 5-8 min.**



Make sauce

- Add **ramen** and **soy-oyster sauce mixture** to the pan. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.
- Remove the pan with heat, then season with **pepper**.



Cook veggies

- Meanwhile, add broccoli and ¼ cup (½ cup) water to the same pan (used in step 2).
- Cook, stirring occasionally, until broccoli is tender-crisp and water has evaporated, 3-5 min. Season with salt and pepper.
- Add garlic, carrots and remaining sesame oil. Cook, stirring often, until fragrant and carrots are tender, 1-2 min.



If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep and cook steak

🔇 Swap | Striploin Steak

If you've opted for **striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook **sirloin steak**.

2 | Prep and cook steak

🚫 Swap | Double Striploin Steak

If you've opted for **double steak**, prep and cook the same way the recipe instructs you to prep and cook the **regular portion of steak**.

2 | Prep and cook steak

🔿 Swap | Tenderloin Steak

If you've opted for **tenderloin steak**, prep and cook in the same way the recipe instructs you to prep and cook the **sirloin steak**.



Finish and serve

- Thinly slice **steak**.
- Divide ramen between bowls.
- Top with **steak**.
- Drizzle **spicy mayo** over top.
- Sprinkle green onions over top.