



# Savoury Steak Ramen Noodles

with Broccoli and Carrots

Stir-Fry Special

Spicy

25 Minutes



Customized Protein

+ Add

Swap

or

\*2 Double

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](https://www.hellofresh.ca)

Striploin Steak 370 g | 740 g  
Double Striploin Steak 740 g | 1480 g  
Tenderloin Steak 340 g | 680 g



Top Sirloin Steak  
285 g | 570 g



Broccoli  
227 g | 454 g



Soy Sauce  
2 tbsp | 4 tbsp



Vegetarian Oyster Sauce  
1/4 cup | 1/4 cup



Green Onion  
2 | 4



Garlic, cloves  
3 | 6



Ramen Noodles  
200 g | 400 g



Carrot, julienned  
56 g | 113 g



Spicy Mayo  
2 tbsp | 4 tbsp



Sesame Oil  
1 tbsp | 2 tbsp

**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.

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

1



## 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.

4



## 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.

2



## 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 medium-high. 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.\*\*

5



## 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**.

3



## 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.

6



## Finish and serve

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

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**.

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.