



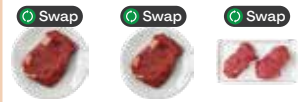
Umami Steak and Noodle Stir-Fry

with Vegetable Medley and DIY Chili Crunch

Stir-Fry Special

Spicy

30 Minutes



Customized Protein

+ Add

Swap

or

x2 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



Chow Mein Noodles
200 g | 400 g



Green Beans
170 g | 340 g



Coleslaw Cabbage Mix
170 g | 340 g



Sweet Bell Pepper
1 | 2



Peanuts, chopped
28 g | 56 g



Vegetarian Oyster Sauce
1/4 cup | 1/2 cup



Ginger Sauce
4 tbsp | 8 tbsp



Chili-Garlic Sauce
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Sesame Oil
1 tbsp | 2 tbsp



Sesame Seeds
9 g | 18 g

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.

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Pepper, salt, oil

Cooking utensils | Aluminum foil, baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, paper towels, small bowl

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- To a large pot, add **10 cups hot water** (use same for 4 servings). Cover and bring to a boil over high heat.
- Meanwhile, trim, then halve **green beans**.
- Core, then cut **pepper** into ¼-inch slices.
- In a small bowl, combine **oyster sauce**, **half the sesame oil**, **half the ginger sauce**, **2 tsp** (4 tsp) **soy sauce** and **¼ cup** (½ cup) **water**.

2



Toast sesame seeds

- Heat a large non-stick pan over medium-high.
- When hot, add **sesame seeds** to the dry pan. Toast for 3-4 min, stirring often, until golden. (**TIP:** Keep your eye on them so they don't burn.)
- Remove from heat, then transfer **sesame seeds** to a plate.

3



Sear and roast steak

Swap | [Striploin Steak](#)

Swap | [Double Striploin Steak](#)

Swap | [Tenderloin Steak](#)

- Pat **steaks** dry with paper towels. Season with **salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Sear for 1-2 min per side, until golden-brown.
- Remove from heat and transfer **steaks** to an unlined baking sheet.
- Roast in the **middle** of the oven for 5-8 min, until cooked to desired doneness.**
- When **steaks** are done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest, 3-5 min.

4



Cook veggies and sauce

- Meanwhile, reheat the same pan over medium-high.
- When hot, add **green beans**, **peppers** and **¼ cup** (½ cup) **water**. Cook for 4-5 min, stirring occasionally, until water evaporates.
- Add **½ tbsp** (1 tbsp) **oil**, **coleslaw cabbage mix** and **prepared sauce** (from step 1). Cook for 1-2 min, stirring occasionally, until **sauce** thickens slightly.
- Remove from heat.

5



Cook noodles

- Add **chow mein noodles** to the boiling water. Cook uncovered for 1-2 min, until tender.
- Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat. Add **2 tsp** (4 tsp) **oil**, then gently toss to coat.
- Using a pair of scissors, make a few cuts in the pot to cut up **noodles**.
- Add **veggie-sauce mixture** and **half the sesame seeds** to the pot with **noodles**, then toss to coat.

6



Make chili crunch and serve

- In a medium bowl, combine **peanuts**, **chili-garlic sauce**, **remaining sesame seeds**, **remaining sesame oil**, **remaining soy sauce** and **remaining ginger sauce**.
- Thinly slice **steaks**.
- Divide **noodle stir-fry** between bowls. Top with **steaks**.
- Dollop **some chili crunch** over **steaks**.
- Serve **remaining chili crunch** alongside.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

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.

3 | Sear and roast 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**.

3 | Sear and roast steak

Swap | [Double Striploin Steak](#)

If you've opted for **double striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of sirloin steak**. Work in batches if necessary.

3 | Sear and roast 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 145°F for medium-rare; steak size will affect doneness.