

HELLO Umami Steak and Noodle Stir-Fry

with Vegetable Medley and DIY Chili Crunch

Stir-fry Special

Spicy

30 Minutes





Beef Steak



285 g | 570 g











170 g | 340 g

Cabbage Mix 170 g | 340 g



Sweet Bell Pepper



chopped

28 g | 56 g

1 | 2





Vegetarian Oyster Sauce 4 tbsp | 8 tbsp

Ginger Sauce 4 tbsp | 8 tbsp







1 tbsp | 2 tbsp





Sesame Oil 1 tbsp | 2 tbsp



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



Prep

- · Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 10 cups hot water to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, trim green beans, then cut into 1-inch pieces.
- Core, then cut **pepper** into ¼-inch slices.
- Combine oyster sauce, half the sesame oil, half the ginger sauce, 2 tsp (4 tsp) soy sauce and 1/4 cup (1/3 cup) water in a small bowl.



Toast sesame seeds

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



Sear and roast 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 until golden-brown, 1-2 min per side.
- Remove from heat and transfer steaks to an unlined baking sheet.
- Roast in the middle of the oven until cooked to desired doneness, 5-8 min.**
- When **steaks** are done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest, 3-5 min.



Cook veggies and sauce

- Meanwhile, reheat the same pan over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then green beans and peppers.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add prepared sauce (from step 1) and coleslaw cabbage mix. Cook, stirring occasionally, until sauce thickens slightly, 1-2 min.
- Remove from heat.



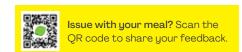
Cook noodles

- Add chow mein noodles to the boiling water. Cook, uncovered, until tender, 1-2 min.
- 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 snips 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.



Make chili crunch and serve

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



Measurements

within steps

1 tbsp

(2 tbsp)

oil

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