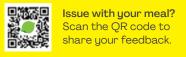


Umami Steak Noodle Stir-Fry

with Vegetable Medley and DIY Chili Crunch

Spicy

30 Minutes







Beef Steak





Chow Mein Noodles



Coleslaw Cabbage



Green Beans

Sweet Bell Pepper



Peanuts, chopped



Sauce

Chili-Garlic Sauce

Sesame Oil





Ginger Sauce







Sesame Seeds



This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!



Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

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

Ingredients

9		
	2 Person	4 Person
Beef Steak	285 g	570 g
Shrimp	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	4 tbsp	8 tbsp
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	1 tbsp	2 tbsp
Oil*		

* Pantry items

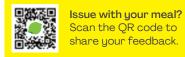
Salt and Pepper*

** Cook shrimp to a minimum internal temperature of 74°C/165°F, as size may vary, and steak to a minimum internal temperature of 63°C/145°F (for medium-rare). Steak size will affect doneness.

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.





Prep

- 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, then halve green beans.
- Core, then cut **pepper** into 1/4-inch slices.
- Combine oyster sauce, half the sesame oil, half the soy sauce, half the ginger sauce and 1/4 cup (1/2 cup) water in a small bowl.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**.



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. Season with salt and pepper.
- Add **coleslaw cabbage mix**. Cook, stirring occasionally, until starting to soften, 2-3 min.
- Add **prepared sauce** in small bowl (from step 1). Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Remove from heat.

Cook **shrimp** alongside **coleslaw cabbage mix**. Cook, stirring occasionally, until **veggies** start to soften and **shrimp** just turn pink, 2-3 min.**



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.



- Pat steaks dry with paper towels. Season with salt and pepper.
- Reheat the same pan over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then steaks. Sear until golden-brown, 2-3 per side.
- Remove from heat, then transfer to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 4-8 min.**
- When **steaks** are done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest, 2-3 min.



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 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.

Add shrimp to the pot with noodles, along with veggie-sauce mixture and half the sesame seeds, 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**.
- Dollop some DIY chili crunch over steaks.
- Serve remaining chili crunch alongside.

Dinner Solved!