



RAPID STIR-FRIED BEEF AND BROCCOLI

with Yakisoba Noodles

PREP: 5 MIN
TOTAL: 20 MIN

LEVEL 1

NUT FREE

DAIRY FREE



INGREDIENTS:

- Scallions
- Garlic
- Ginger
- Sesame Oil
- Ketchup
- Soy Sauce (Contains: Soy)
- Hoisin (Contains: Soy)
- Broccoli Florets
- Sirloin Steak Tips
- Cornstarch
- Yakisoba Noodles (Contains: Soy, Wheat)
- Sriracha 🍷

FOR 2 PEOPLE:

- 2
- 2 Cloves
- 1 Thumb
- 1 TBSP
- 1 TBSP
- 2 TBSP
- 1½ TBSP
- 8 oz
- 12 oz
- 1 TBSP
- 8 oz
- 1 tsp

FOR 4 PEOPLE:

- 4
- 4 Cloves
- 1 Thumb
- 2 TBSP
- 2 TBSP
- 4 TBSP
- 3 TBSP
- 16 oz
- 24 oz
- 2 TBSP
- 16 oz
- 1 tsp

HELLO

QUICK-FIRE STIR-FRY

Maximum flavor in
minimum time

NUTRITION PER SERVING

788 cal | Fat: 29 g | Sat. Fat: 6 g | Protein: 53 g | Carbs: 77 g | Sugar: 9 g | Sodium: 1233 mg | Fiber: 6 g

START STRONG

Don't skip rinsing the broccoli in cold water in step 2. Thanks to that cool shock, the florets don't overcook and stay nice and crunchy, just the way you want.



BUST OUT

- Strainer
- Large pot
- Small bowl
- Oil (4 tsp | 8 tsp)
- Large pan
- Peeler
- Large bowl
- Whisk



1 PREP AND MAKE SAUCE

Wash and dry all produce.

Bring a large pot of **salted water** to a boil. Trim and thinly slice **scallions**. Mince or grate **garlic**. Peel and mince **ginger**. Whisk together **sesame oil, 1 TBSP ketchup, soy sauce, 1½ TBSP hoisin sauce, and 1 TBSP water** in a small bowl.

2 COOK BROCCOLI

Add **broccoli** to boiling water and cook until tender but still crisp, 3-4 minutes. Drain and rinse under cold water. Set aside.

3 COOK BEEF

Toss **steak tips** with **cornstarch** in a large bowl. Season generously with **salt and pepper**. Heat a large drizzle of **oil** in a large pan over high heat. (**TIP:** If you have a nonstick pan, break it out.) Toss in steak tips and cook to desired doneness, 3-4 minutes. Remove and set aside.



4 COOK AROMATICS AND NOODLES

Heat a drizzle of **oil** in same pan over medium heat. Add **garlic, ginger, and scallions** and cook until fragrant, 1 minute, tossing. Toss in half the **noodles** from the package (we sent more) and a drizzle of **oil**. Break up **noodles** until they no longer stick together, using tongs or two wooden spoons.

5 STEAM NOODLES

Pour in **1 cup water**, cover, and steam until **noodles** are tender, 3 minutes. (**TIP:** If your pan doesn't have a lid, carefully cover it with aluminum foil.) Uncover, increase heat to medium-high, and toss until noodles are tender, 3-4 minutes. Add **sauce** and toss to coat. Cook until sauce is thickened, 1 minute.

6 FINISH AND SERVE

Toss **broccoli and steak** into **noodles** to warm through. Season with as much **sriracha** as you like (careful, it's spicy). Season with **salt and pepper**. Divide between plates and serve.

DASHING!

Use any leftover noodles to make a D.I.Y. ramen bowl.