



Cooking Made Easy

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Wasabi-Glazed Steak

with Soba Noodle Salad & Creamy Avocado-Lime Dressing



Everything's better with avocado, right? We certainly think so! Creamy avocado makes a luscious no-cook dressing in this cold soba salad. Soy, beef stock, wasabi, and garlic become an intensely flavored glaze to finish off juicy seared steak. Have your own chopsticks? This is the time to use them!



40 min



level 2



nut free



lactose free



Flank Steak



Soba Noodles



Avocado



Carrot



Lime



Soy Sauce



Garlic



Sesame Seeds



Wasabi



Bell Pepper



Scallion



Stock Concentrate

Ingredients	2 People	4 People
Flank Steak	12 oz	24 oz
Soba Noodles	1) 4 oz	8 oz
Lime	1	2
Carrot	1	2
Wasabi	1 t	2 t
Avocado	1	2
Garlic	2 cloves	4 cloves
Scallion	2	4
Sesame Seeds	1 T	2 T
Bell Pepper	1	2
Soy Sauce	2) 1 T	2 T
Stock Concentrate	1	2
Vegetable Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Soy

Tools

Large Pot, Strainer, Peeler, Grater, Large Bowl, Medium Pan, Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 658 cal | Carbs: 45 g | Fat: 34 g | Protein: 47 g | Fiber: 9 g



1 Preheat oven to 400 degrees. Bring a large pot of **water** to a boil with a large pinch of **salt**. Remove the **steak** from refrigerator and allow to come to room temperature. Halve, core, and remove white ribs from the **bell pepper**, then thinly slice. Thinly slice the **scallions**, keeping the white and green parts separate. Peel and grate the **carrot**. Mince or grate the **garlic**.



2 Heat 1 tablespoon **oil** in a medium pan over medium-high heat. Season the **steak** with **salt** and **pepper** on both sides. Add the steak to the pan and cook 3-4 minutes per side, until deeply browned. Transfer the steak to a baking sheet and place in the oven to finish cooking to desired doneness, if necessary.



3 In the same pan you cooked the steak in, combine the **soy sauce**, **stock concentrate**, **garlic**, ¼ cup **water**, and **wasabi (to taste)**. Return the **steak** to the pan over medium heat. Then, tilt the pan towards you and begin spooning the **soy mixture** over the steak continuously for about 1 minute. Set the steak aside and reserve the soy mixture.



4 Add the **soba noodles** to the **boiling water**, reduce to a simmer, and cook for 6-7 minutes, until al dente. Reserve ¼ cup **pasta water**, then drain.

5 While the soba noodles cook, halve and pit the **avocado**, then scoop the flesh into a large bowl. Halve the **lime**, then squeeze over the avocado. Mash thoroughly with a fork, until completely smooth, then season with **salt** and **pepper**.

6 Toss the **soba noodles**, **bell pepper**, **grated carrot**, **scallion whites**, and the **remaining soy mixture** into the **avocado mixture**. Season with **salt** and **pepper**. Toss to thoroughly coat. Add a splash of the **reserved pasta water**, if necessary, to thin out the dressing.

7 Thinly slice the **steak** against the grain and serve atop the **soba noodle salad**, sprinkled with **scallion greens** and **sesame seeds**.