



OCT
2016

Tangy Beef Stir-Fry with Fresh Noodles and Broccoli

Although we have a whole slew of different noodles to choose from for our Asian dishes, yakisoba is one of our all-time favorites. A quick stir-fry in the pan is all it takes for them to become tender. With crispy beef, tender broccoli, and aromatics, this dish puts instant ramen to shame.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Sirloin
Tips



Yakisoba
Noodles



Broccoli
Florets



Scallions



Garlic



Cornstarch



Ginger



Ketchup



Soy
Sauce



Hoisin
Sauce

Ingredients

		4 People
Sirloin Tips		16 oz
Yakisoba Noodles	1) 2)	16 oz
Broccoli Florets		16 oz
Scallions		4
Garlic		2 Cloves
Cornstarch		2 T
Ginger		1 Thumb
Ketchup		2 T
Soy Sauce	2)	4 T
Hoisin Sauce	2)	3 T
Oil*		2 T

*Not Included

Allergens

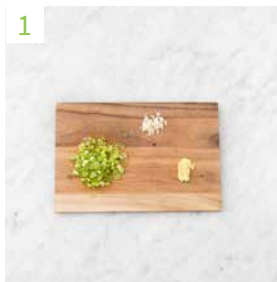
- 1) Wheat
- 2) Soy

Tools

Large pot, Peeler,
Large bowl,
Large nonstick pan,
Strainer

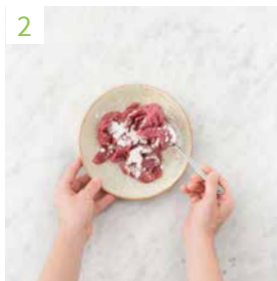
Nutrition per person Calories: 586 cal | Fat: 14 g | Sat. Fat: 3 g | Protein: 43 g | Carbs: 74 g | Sugar: 9 g | Sodium: 1023 mg | Fiber: 6 g

1



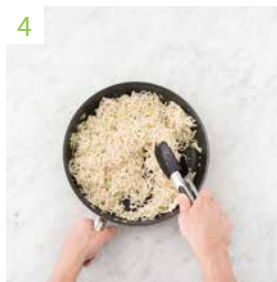
1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Thinly slice the **scallions**. Finely chop the **garlic**. Peel and mince or grate the **ginger**.

2



2 Cook the steak: Toss the **steak** in a large bowl with the **cornstarch**. Season generously with **salt** and **pepper**. Heat a large drizzle of **oil** in a large nonstick pan over high heat. Add the **steak**. Cook 1-2 minutes per side, until browned and cooked to desired doneness. Remove from the pan and set aside.

4



3 Cook the broccoli: Add the **broccoli** to the boiling water. Cook 3-4 minutes, until bright and crisp-tender. Drain and rinse under cold water.

4 Cook the aromatics: Heat a large drizzle of **oil** in the same pan over medium heat. Add the **garlic, ginger, and scallions**. Cook 1 minute, until fragrant. Add the **noodles** and a large drizzle of **oil**. Break up the noodles until no longer clumpy. Add **1 cup water**. Cover and steam 3 minutes. Uncover and increase heat to medium-high. Toss 3-4 minutes, until noodles are tender.

5



5 Make the sauce: Add **2 Tablespoons ketchup, 4 Tablespoons soy sauce, 3 Tablespoons hoisin sauce,** and **2 Tablespoons water** to the pan. Toss 1 minute, until sauce is combined and thickened.

6 Toss and serve: Toss the **broccoli** and **steak** into the **noodles**. Cook 1-2 minutes until warmed through. Taste the **tangy beef stir-fry** and season with **salt** and **pepper**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

