







Umami Steak and Noodle Stir-Fry

with Vegetable Medley and DIY Chili Crunch













Stir-Fry Special **Spicy** 30 Minutes

 Swap	 Double	 Swap
		
Striploin Steak 370 g 740 g	Striploin Steak 740 g 1480 g	Tenderloin Steak 340 g 680 g

 Customized Protein  Add  Swap or  Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



	
Top Sirloin Steak 285 g 570 g	Chow Mein Noodles 200 g 400 g
	
Sugar Snap Peas 113 g 227 g	Coleslaw Cabbage Mix 170 g 340 g
	
Sweet Bell Pepper 1 2	Peanuts, chopped 28 g 56 g
	
Vegetarian Oyster Sauce ¼ cup ½ cup	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 9 g 18 g

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.

Pantry items | Pepper, salt, oil

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

1



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, then halve **snap peas**.
- 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 **¼ cup (½ cup) water** in a small bowl.

4



Cook veggies and sauce

- Meanwhile, reheat the same pan over medium-high.
- When hot, add **½ tbsp (1 tbsp) oil**, then **snap peas** 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 to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

2



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.

5



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.

3



Sear and roast steak

- 🔄 Swap | [Striploin Steak](#)
- *2 Double | [Striploin Steak](#)
- 🔄 Swap | [Tenderloin 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.

6



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 chili crunch** over **steaks**.
- Serve **remaining chili crunch** alongside.

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

3 | Sear and roast steak

🔄 Swap | [Striploin Steak](#)

If you've opted for **striploin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **sirloin steak**.

3 | Sear and roast steak

*2 Double | [Striploin Steak](#)

If you've opted for **double striploin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of striploin steak**. Work in batches, if necessary.

3 | Sear and roast steak

🔄 Swap | [Tenderloin Steak](#)

If you've opted for **tenderloin steaks**, prep and cook them in the same way the recipe instructs you to prep and cook the **sirloin steaks**.