



GARLIC-GINGER BEEF AND RAINBOW VEGGIE STIR-FRY

with Ramen Noodles and Sesame Seeds

PRONTO



HELLO

RAMEN NOODLES

These noodles aren't just delicious in broth, they're also delicious when stir-fried!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 661



Beef Strips



Red Bell Pepper



Carrot, julienned



Sugar Snap Peas, trimmed



Garlic



Ginger



Ramen Noodles



Mirin-Soy Blend



Sesame Seeds



Chili Flakes

BUST OUT

- Paper Towel
- Measuring Spoons
- Garlic Press
- Small Bowl
- Zester
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Measuring Cups

INGREDIENTS

2-person | 4-person

- Beef Strips 285 g | 570 g
- Red Bell Pepper 190 g | 380 g
- Carrot, julienned 113 g | 227 g
- Sugar Snap Peas, trimmed 113 g | 227 g
- Garlic 10 g | 20 g
- Ginger 30 g | 60 g
- Ramen Noodles 1,3 120 g | 240 g
- Mirin-Soy Blend 1,4 3 tbsp | 6 tbsp
- Sesame Seeds 8 1 tbsp | 1 tbsp
- Chili Flakes 1 1 tsp | 1 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

In Step 4, use this heat guide to determine what spice level you prefer: add $\frac{1}{8}$ tsp mild, $\frac{1}{4}$ tsp medium, $\frac{1}{2}$ tsp spicy and 1 tsp extra-spicy!



1 PREP Wash and dry all produce.* Core, then cut the **bell pepper(s)** into $\frac{1}{4}$ -inch wide strips. Mince or grate the **garlic**. Peel, then zest or grate **1 tbsp ginger** (double for 4 ppl). Pat the **beef strips** dry with paper towels. Cut any larger strips into 2-inch long pieces. Season with **salt** and **pepper**.



4 COOK VEGGIES Add another drizzle of **oil** to the same pan, then **peppers** and **carrots**. Cook, stirring, until veggies are tender-crisp, 3-4 min. Add **garlic, ginger, snap peas** and $\frac{1}{4}$ **tsp chili flakes** (double for 4 ppl). (**NOTE:** Reference the chili guide in the Start Strong). Cook until fragrant, 1 min. Add **noodles** and gently stir together until noodles separate, 3-4 min.



2 TOAST SESAME SEEDS Heat a large non-stick pan over medium heat. Add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 5-6 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the sesame seeds to a small bowl and set aside.



5 FINISH STIR-FRY Add the **beef, mirin-soy blend** and $\frac{1}{3}$ **cup water** (double for 4 ppl) to the pan. Cook, stirring occasionally, until the stir-fry is warmed through, 1-2 min.



3 COOK BEEF Increase the heat to medium-high. Add a drizzle of **oil** to the same pan, then **half the beef**. Cook until browned, 1-2 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F.**) Transfer to a plate and set aside. Repeat with the **remaining beef**.



6 FINISH AND SERVE Divide the **stir-fry** between bowls and sprinkle over the **sesame seeds**.

COLOURFUL!

All the colours and flavours in this stir-fry complement each other perfectly!