



GINGER BEEF NOODLES

with Carrot and Bok Choy

PRONTO



HELLO GINGER

One of nature's great anti-inflammatories, this root provides a zesty zing to any dish

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 726**



Beef Strips



Shanghai Bok Choy



Garlic



Ginger



Green Onions



Carrot, julienned



Chow Mein Noodles



Hoisin Sauce



Soy Sauce



Cornstarch

BUST OUT

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

INGREDIENTS

2-person | 4-person

- Beef Strips 285 g | 570 g
- Shanghai Bok Choy 200 g | 400 g
- Garlic 10 g | 20 g
- Ginger 30 g | 60 g
- Green Onions 2 | 4
- Carrot, julienned 113 g | 227 g
- Chow Mein Noodles 1 200 g | 400 g
- Hoisin Sauce 1,4,8,9 3 tbsp | 6 tbsp
- Soy Sauce 1,4 1 tbsp | 2 tbsp
- Cornstarch 9 1 tsp | 2 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 soja, 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

Stir-fry strips need to be cooked quickly at a high temperature, and with plenty of space! Avoid overcrowding the pan to prevent the beef from stewing in its own juices.



1 PREP Wash and dry all produce.* Cut the **bok choy** into ½-inch pieces. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Thinly slice the **green onions**. In a medium pot, add **5 cups water**. Cover and bring to a boil over high heat. (**NOTE:** Use the same size pot and water amount for 4 ppl.)



4 COOK VEGGIES In the same pan, add another **1 tbsp oil** (dbl for 4 ppl), then **bok choy**, **garlic**, **ginger** and **carrots**. Season with **salt** and **pepper**. Cook, stirring, until **bok choy** is tender, 2-3 min. Meanwhile, add **noodles** to the medium pot with the **boiling water**. Stir and cook until tender, 1-2 min. Drain and rinse **noodles** under **cold running water**. In the strainer, add **1 tsp oil** (dbl for 4 ppl) and gently toss to coat. Set aside.



2 COOK BEEF Meanwhile, pat **beef strips** dry with paper towels. Cut any larger **strips** into 1-inch pieces. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **beef**. Cook, stirring occasionally, until cooked through, 4-6 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) (**NOTE:** Cook the beef in two batches for 4 ppl, using 1 tbsp oil for each batch!)



5 ASSEMBLE STIR-FRY Add the **beef** (including any juices from the plate) and **noodles** to the pan with the **veggies**. Cook, stirring together, until warmed through, 2-3 min. Add the **sauce** from the small bowl and stir until slightly thickened and **veggies** are coated, 1-2 min.



3 MAKE SAUCE Meanwhile, in a small bowl, whisk together the **cornstarch** and **¼ cup cold water** (dbl for 4 ppl). Whisk the **hoisin sauce** and **soy sauce** into the **cornstarch mixture**. Set aside. When the **beef** is done, transfer to a plate and set aside.



6 FINISH AND SERVE Divide the **ginger beef noodles** between bowls. Sprinkle over the **green onions**.

SLURP IT UP!

Slurping noodles is considered a compliment to the chef in some Asian countries!