



# SEARED BEEF NOODLES

with Broccoli and Carrots



## HELLO CARROTS

Full of beta-carotene, which helps the development of night vision

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 615



Beef Strips



Garlic



Green Onions



Rice Noodles



Carrots, julienned



Broccoli, florets



Oyster Sauce



Soy Sauce



Brown Sugar



## BUST OUT

- Large Pot
- Measuring Spoons
- Strainer
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Beef Strips 1 pkg | 2 pkg
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Green Onions 2 | 4
- Rice Noodles 1 pkg (150 g) | 2 pkg (300 g)
- Carrots, julienned 1 pkg (113 g) | 2 pkg (227 g)
- Broccoli, florets 1 pkg (227 g) | 2 pkg (454 g)
- Oyster Sauce 0,1 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Soy Sauce 1,4 2 pkg (1 tbsp) | 4 pkg (2 tbsp)
- Brown Sugar 1 pkg (1 tbsp) | 2 pkg (2 tbsp)

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également 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

\*Laver et sécher tous les aliments.

## START STRONG

We like our veggies tender-crisp, which means it still has some crunch to it when it's cooked. If you prefer softer, more tender veggies, cook the broccoli for 1-2 min longer in Step 4!



**1 PREP** Wash and dry all produce.\* Bring a large pot of **salted water** to a boil. Mince or grate the **garlic**. Thinly slice the **green onions**.



**2 COOK NOODLES** Add **rice noodles** to the boiling water. Reduce the heat to medium. Cook, stirring occasionally, until the rice noodles are tender, 10-12 min. Drain, then soak the noodles in cold water. (Soaking in cold water will prevent cooked noodles from sticking together!)



**3 SEAR BEEF** Meanwhile, pat the **beef strips** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the beef. (**TIP:** Do not crowd the pan – cook in batches if necessary.) Cook until browned, 1-2 min per side. Transfer the beef to a plate.



**4 COOK BROCCOLI** Add another drizzle of **oil** to the same pan, then the **garlic** and **green onions**. Cook for 30 sec. Add the **broccoli**. Cook, stirring often, until the broccoli is tender-crisp, 3-4 min. Add the **oyster sauce, soy sauce, brown sugar, 1 tbsp water** (double for 4 people).



**5 DRAIN NOODLES** Drain the **rice noodles**. Add the **beef, carrots** and noodles to the pan. Stir until the carrots start to wilt and the noodles are warmed through, 1-2 min.



**6 FINISH AND SERVE** Divide the **saucy beef noodles** between plates.

## SLURP IT UP!

Find yourself some chopsticks and a deep bowl!