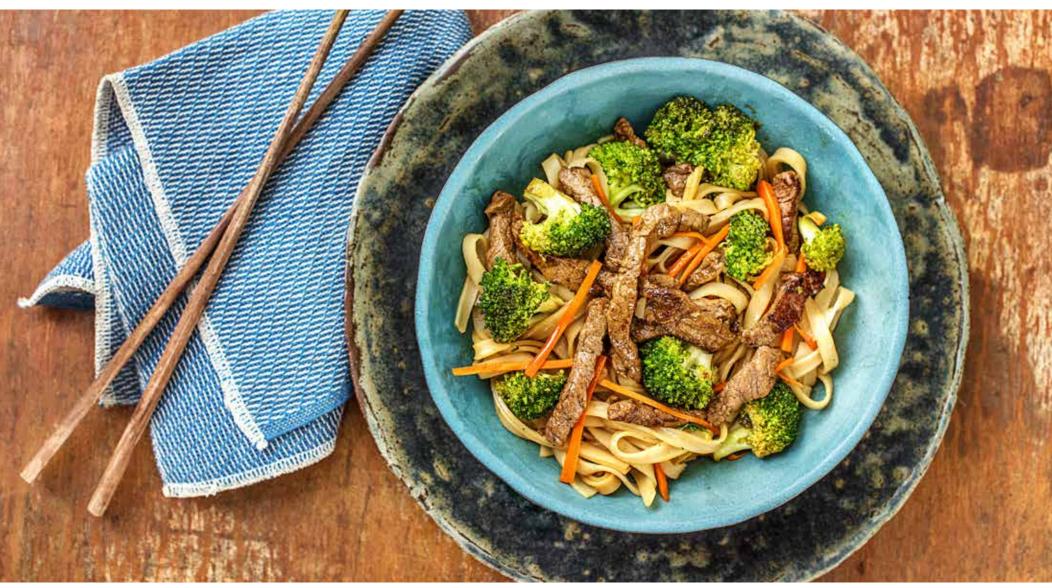
# **SEARED BEEF NOODLES** with Broccoli and Carrots



## HELLO **CARROTS**

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



Beef Strips



Garlic



Green Onions



Rice Noodles





Brown Sugar



Broccoli, florets



Soy Sauce

PREP: 5 MIN TOTAL: 30 MIN CALORIES: 615

### **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 <sub> </sub> 2 pkg
• Garlic	1 pkg   2 pkg (10 g) (20 g)
Green Onions	2   4
Rice Noodles	1 pkg   2 pkg (150 g) (300 g)
Carrots, julienned	1 pkg   2 pkg (113 g)   (227 g)
Broccoli, florets	1 pkg   2 pkg (227 g) (454 g)
• Oyster Sauce 0,1	1 pkg   2 pkg (2 tbsp) (4 tbsp)
• Soy Sauce 1,4	2 pkg   4 pkg (1 tbsp) (2 tbsp)
Brown Sugar	1 pkg   2 pkg (1 tbsp) (2 tbsp)

### ALLERGENS ALLERGÈNES

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

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.

O Seafood/Fruit de Mer 5 Tree Nut/Noix

1 Wheat/Blé

6 Mustard/Moutarde

2 Milk/Lait

7 Peanut/Cacahuète

3 Egg/Oeuf

8 Sesame/Sésame

4 Soy/Soja

9 Sulphites/Sulfites

### 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!



**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.



**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!)



**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.



**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).



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.



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

### **SLURP IT UP!**

Find yourself some chopsticks and a deep bowl!



<sup>\*</sup>Laver et sécher tous les aliments.