



Sesame Beef and Broccoli Noodles

with Carrots and Green Onions

Family Friendly 25-35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Ground Beef
- Ground Turkey
- Spaghetti
- Broccoli, florets
- Carrot, julienned
- Hoisin Sauce
- Soy Sauce
- Green Onion
- Moo Shu Spice Blend
- Sesame Oil
- Garlic, cloves

HELLO MOO SHU SPICE BLEND
This zesty blend will punch up the flavour of the beef!

Start here

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Spaghetti	170 g	340 g
Broccoli, florets	227 g	454 g
Carrot, julienned	56 g	113 g
Hoisin Sauce	4 tbsp	8 tbsp
Soy Sauce	4 tbsp	8 tbsp
Green Onion	1	2
Moo Shu Spice Blend	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Garlic, cloves	2	4
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Contact

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Cook noodles and broccoli

- Add **noodles** to the **boiling water**. Cook uncovered, stirring occasionally, until almost tender, 10-11 min.
- While **noodles** cook, cut **broccoli** into bite-sized pieces.
- When **noodles** are done, stir **broccoli** into the pot and cook until **broccoli** turns bright green, 30 sec-1 min.
- Reserve **1/3 cup pasta water** (dbl for 4 ppl), then drain **noodles and broccoli** in a colander.



Cook carrots

- Add **carrots** to the pan with **beef**. Cook, stirring often, until softened slightly, 2-3 min.
- Add **hoisin sauce** and **remaining soy sauce**. Cook, stirring often, until **sauce** thickens slightly and coats **beef and carrots**, 30 sec.
- Remove the pan from heat.



Prep

- Meanwhile, thinly slice **green onion**.
- Peel, then mince or grate **garlic**.



Assemble noodles

- Return **noodles and broccoli** to the large pot, then add **beef mixture** and **reserved pasta water**. (**TIP:** If your pan is large enough, toss everything into the pan instead.)
- Return the pot to medium-high. Bring to a simmer, tossing often.
- Simmer, tossing often, until **veggies** are tender-crisp and **sauce** thickens slightly and coats **noodles**, 2-3 min.
- Season with **salt and pepper**, to taste.



Cook beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1/2 tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat.
- Add **garlic**, **Moo Shu Spice Blend**, **half the soy sauce**, **half the green onions** and **half the sesame oil**. Season with **pepper**. Cook, stirring often, until fragrant, 1 min.

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.



Finish and serve

- Drizzle **remaining sesame oil** over **noodles**, then toss to coat.
- Divide **beef and broccoli noodles** between bowls.
- Sprinkle **remaining green onions** over top.

Dinner Solved!