



SESAME BEEF STIR-FRY

with Broccoli and Yakisoba Noodles

PRONTO



HELLO BROCCOLI

This green veggie belongs to the cruciferous vegetable family, which includes kale and cauliflower

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 653



Beef Strips



Green Onions



Garlic



Ginger



Yakisoba Noodles



Sesame Seeds, toasted



Broccoli, florets



Sesame Oil



Soy Sauce



Sweet Chili Sauce

BUST OUT

- Measuring Spoons
- Medium Bowl
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Garlic Press

INGREDIENTS

2-person | 4-person

- Beef Strips 285 g | 570 g
- Green Onions 2 | 4
- Garlic 10 g | 20 g
- Ginger 30 g | 60 g
- Yakisoba Noodles **1** 165 g | 330 g
- Sesame Seeds, toasted **8** 1 tbsp | 2 tbsp
- Broccoli, florets 227 g | 454 g
- Sesame Oil **8** 1 tbsp | 2 tbsp
- Soy Sauce **1,4** 1 tbsp | 2 tbsp
- Sweet Chili Sauce 🌶️ 1 tbsp | 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

Preheating your pan, before you add the oil, is a great start to ensure a quick and tasty stir-fry! Cooking over high heat for a short amount of time allows veggies to stay tender-crisp without steaming.



1 PREP Wash and dry all produce.* Thinly slice the **green onions**. Mince or grate the **garlic**. Peel and mince **1 tbsp ginger** (double for 4 ppl). Soak the **noodles** in a medium bowl with hot tap water.



4 COOK NOODLES Decrease the heat to medium. Add another drizzle of **oil** to the same pan, then the **garlic** and **ginger**. Cook until fragrant, 1 min. Drain the **noodles**, then add to the pan along with **½ cup water** (double for 4 ppl). Cook, stirring occasionally, until the noodles separate, 3-4 min.



2 COOK BEEF Pat the **beef strips** dry with paper towels. Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then **half** the beef strips. Cook until browned, 1-2 min per side. Transfer to a plate and set aside. Repeat with the **remaining** beef.



5 ASSEMBLE STIR-FRY Add the **soy sauce** and **sweet chili sauce** to the **noodles**. Cook, stirring together, 1-2 min. Add the **broccoli** and **beef strips** to the noodles and stir until warmed through, 1-2 min. Season with **salt** and **pepper**.



3 COOK BROCCOLI Add the **sesame oil** to the same pan, then the **broccoli** and **green onions**. Cook until the broccoli is bright green and tender-crisp, 4-5 min. Season with **salt**. Transfer to a plate and set aside.



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

CRUNCHY!

A quick flourish of toasted sesame seeds adds a toasty, nutty flavour to the dish!