



# Umami Steak and Noodle Stir-Fry

with Vegetable Medley and DIY Chili Crunch

Stir-fry Special

Spicy

30 Minutes



Beef Steak  
285 g | 570 g



Chow Mein Noodles  
200 g | 400 g



Green Beans  
170 g | 340 g



Coleslaw Cabbage Mix  
170 g | 340 g



Sweet Bell Pepper  
1 | 2



Peanuts, chopped  
28 g | 56 g



Vegetarian Oyster Sauce  
4 tbsp | 8 tbsp



Ginger Sauce  
4 tbsp | 8 tbsp



Chili-Garlic Sauce  
1 tbsp | 2 tbsp



Soy Sauce  
1 tbsp | 2 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Sesame Seeds  
1 tbsp | 2 tbsp

**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.

1



### Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **10 cups hot water** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Core, then cut **pepper** into ¼-inch slices.
- Combine **oyster sauce, half the sesame oil, half the ginger sauce, 2 tsp (4 tsp) soy sauce** and **¼ cup (⅓ cup) water** in a small bowl.

2



### Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Remove from heat, then transfer **sesame seeds** to a plate.

3



### Sear and roast steak

- Pat **steaks** dry with paper towels. Season with **salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp (2 tbsp) oil**, then **steaks**. Sear until golden-brown, 1-2 min per side.
- Remove from heat and transfer **steaks** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 5-8 min. **\*\***
- When **steaks** are done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest, 3-5 min.

4



### Cook veggies and sauce

- Meanwhile, reheat the same pan over medium-high.
- When hot, add **½ tbsp (1 tbsp) oil**, then **green beans** and **peppers**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add **prepared sauce** (from step 1) and **coleslaw cabbage mix**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Remove from heat.

5



### Cook noodles

- Add **chow mein noodles** to the **boiling water**. Cook, uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under warm water.
- Return **noodles** to the same pot, off heat. Add **2 tsp (4 tsp) oil**, then gently toss to coat.
- Using a pair of scissors, make a few snips in the pot to cut up **noodles**.
- Add **veggie-sauce mixture** and **half the sesame seeds** to the pot with **noodles**, then toss to coat.

6



### Make chili crunch and serve

- Combine **peanuts, chili-garlic sauce, remaining sesame seeds, remaining sesame oil, remaining soy sauce** and **remaining ginger sauce** in a medium bowl.
- Thinly slice **steaks**.
- Divide **noodle** stir-fry between bowls. Top with **steaks**.
- Spoon **some chili crunch** over **steaks**.
- Serve **remaining chili crunch** alongside.

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.



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