



20-Min: Shanghai Noodles with Steak Strips,

Bok Choy & Scallion Oil



ca. 20min



2 Servings

You can't beat a fast dinner that packs a ton of flavor, and these Shanghai-style noodles with scallion oil tick all the boxes! Making scallion oil has two uses: the aromatic oil coats the noodles, and the crispy green scallions top it off. Boiling the noodles along with crisp bok choy not only saves time but an extra pot too! We add seared steak strips and an umami-rich sauce into the mix, and just like that—dinner is ready.

What we send

- 3 oz scallions
- ½ lb baby bok choy
- 6 oz chuka soba noodles ¹
- ½ lb pkg steak strips
- 2 (½ oz) tamari ⁶
- ½ oz toasted sesame oil ¹¹
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- medium pot
- medium nonstick skillet

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 46g, Carbs 73g, Proteins 31g



1. Prep scallions & bok choy

Bring a medium pot of **salted water** to a boil.

Trim **scallions**; cut into 2-inch lengths, keeping dark greens separate. Trim ends from **bok choy**, then halve lengthwise (quarter, if large), and rinse well under cold water to remove any grit. Separate into individual leaves.



4. Cook scallion dark greens

Add **scallion dark greens** to skillet with **scallion whites and light greens**. Cook, stirring occasionally, until scallions are crisped and deeply golden brown, 4-6 minutes. Use a slotted spoon to transfer scallions to a paper towel-lined plate. Reserve skillet for step 6.



2. Sear steak strips

Pat **steak strips** dry, then season with **salt** and **pepper**.

Heat **1 tablespoon neutral oil** in a medium nonstick skillet over high. Add beef in a single layer and cook, without stirring, until well browned on one side, 2-3 minutes. Stir and continue to cook until beef is cooked through, 1-2 minutes more. Transfer beef to a plate.



5. Cook noodles & bok choy

Add **noodles** to pot with boiling water. Cook, stirring occasionally to prevent sticking, until almost al dente, about 3 minutes. Add **bok choy** to boiling water and cook until bok choy is bright green and tender, and noodles are al dente, 1-2 minutes more. Drain noodles and veggies, then set aside.



3. Cook scallion whites

To same skillet, add **scallion whites and light greens** and **3 tablespoons neutral oil**. Cook over medium heat, stirring occasionally, until scallions are lightly browned, 2-3 minutes.



6. Mix & serve

To reserved skillet, add **1½ tablespoons tamari**, **2 teaspoons sugar**, and **1 teaspoon sesame oil**. Cook over medium heat until sugar is dissolved and mixture is bubbling, about 1 minute.

Serve **noodles** in bowls with **sauce** spooned over top. Top with **beef**, **bok choy**, and **fried scallions**, mixing to combine in bowls. Garnish with **sesame seeds**. Enjoy

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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