



## Mongolian Beef & Broccoli

with Rice Noodles & Roasted Cashews



20-30min



2 Servings

Stir-frying is the best cooking method for quickly infusing meat and veggies with deep caramelized flavors. Here, grass-fed ground beef gets flashed in a hot skillet with aromatics before adding crisp broccoli florets and a savory-sweet hoisin sauce into the mix. Tender rice noodles soak up the sauce, while cashews on top provide a delightful crunch. This quick-to-make meal is the perfect combination of flavors and textures.

## What we send

- ½ lb broccoli
- 1 oz fresh ginger
- 1 medium red onion
- 1 oz roasted cashews <sup>15</sup>
- ¼ oz fresh cilantro
- 2 oz hoisin sauce <sup>1,6,11</sup>
- 2 (½ oz) toasted sesame oil <sup>11</sup>
- 10 oz pkg grass-fed ground beef
- 5 oz rice noodles

## What you need

- kosher salt & ground pepper
- sugar
- neutral oil

## Tools

- medium pot
- large skillet

## Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 940kcal, Fat 46g, Carbs 98g, Protein 39g



### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Cut **broccoli** into ½-inch florets, if necessary. Peel and finely chop **1 tablespoon ginger**. Halve and cut **all of the onion** into 1-inch thick slices. Coarsely chop **cashews**. Coarsely chop **cilantro leaves and stems**.



### 4. Stir-fry beef in sauce

Heat **2 teaspoons neutral oil** in same skillet over medium-high. Add **beef** and **a pinch each of salt and pepper**; cook, breaking meat up into large pieces, until browned and cooked through, 3 minutes. Pour off any fat. Add **chopped ginger** and cook, about 1 minute. Stir in **veggies** and **reserved sauce**; cook until sauce is slightly thickened and coats back of a spoon, 30 seconds.



### 2. Make sauce

In a small bowl or liquid measuring cup, stir to combine **hoisin sauce**, **¼ cup water**, **2 teaspoons sugar**, and **1 teaspoon sesame oil**. Reserve sauce for step 4.



### 5. Cook noodles

Add **rice noodles** to boiling water and cook, stirring occasionally to prevent sticking, until al dente, 4-6 minutes. Drain noodles, rinse under warm running water, and drain again. Toss with **1 teaspoon sesame oil**.



### 3. Stir-fry veggies

Heat **1 tablespoon neutral oil** in a large skillet over medium-high. Add **onions** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until onions are lightly browned, about 3 minutes. Add **broccoli** and continue to cook, stirring occasionally, until bright green and crisp-tender, about 3 minutes more. Transfer veggies to a plate.



### 6. Serve

Season **beef and broccoli stir-fry** to taste with **salt** and **pepper**. Serve **noodles** topped with **beef and broccoli** and garnish with **cilantro** and **cashews**. Enjoy!