

# DINNERLY



## Low-Cal Sesame-Ginger Beef Noodle Stir-Fry

with Snow Peas



20-30min



2 Servings

Who said you have to order the same old take-out or microwave a bland frozen meal to get dinner on the table in less than 30 minutes? Not us! And every slurp of these teriyaki rice noodles with tender beef and crisp snow peas proves it! We've got you covered!

### WHAT WE SEND

- 5 oz pad Thai noodles
- 2 oz snow peas
- 1 oz fresh ginger
- ½ lb pkg beef strips
- 1 pkt teriyaki sauce <sup>1,6</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- garlic

### TOOLS

- large 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 430kcal, Fat 14g, Carbs 71g, Protein 8g



#### 1. Boil noodles

Bring a large pot of **salted water** to a boil over high. Add **noodles** and cook, stirring occasionally to prevent sticking, until al dente, 6–8 minutes. Drain noodles, then rinse under cold water and toss with ½ **teaspoon oil**; set aside until step 5.



#### 2. Prep ingredients

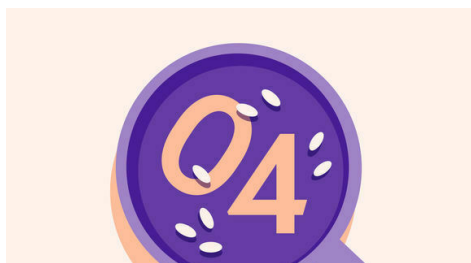
While **noodles** cook, trim ends from **snow peas**, then cut in half crosswise.

Finely chop 1 **teaspoon garlic**. Peel and finely chop 1 **tablespoon ginger**.



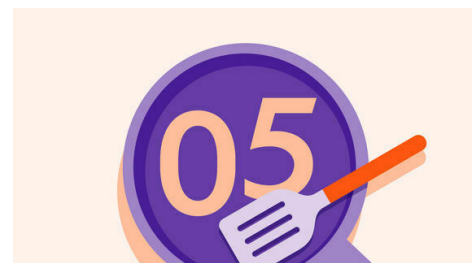
#### 3. Cook beef

Pat **beef strips** dry. Heat 1½ **tablespoons oil** in a medium nonstick skillet over high. Add beef and cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and continue to cook until cooked through, about 2 more minutes.



#### 4. Add snow peas & aromatics

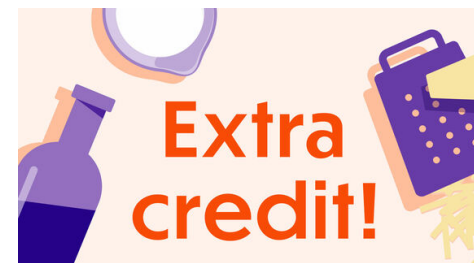
To skillet with **beef**, add **snow peas**, **chopped garlic and ginger**, and a pinch of **salt**. Cook, stirring, until snow peas are crisp-tender, 1–2 minutes.



#### 5. Finish & serve

To skillet with **beef and snow peas**, add **teriyaki sauce** and **noodles**. Reduce heat to medium and cook, tossing to combine, until noodles are warmed through and coated in sauce, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **beef noodle stir-fry** with **sesame seeds** sprinkled over top. Enjoy!



#### 6. Veggie foot forward!

Amp up the veggies by adding sautéed sliced mushrooms and bell peppers to the snow peas in step 4. Then top it all off with sliced scallions.