

DINNERLY



Coulotte Steak, Broccoli & Mushroom Stir-Fry

with Rice Noodles



20-30min



2 Servings

You know that feeling when you order from your favorite take-out spot on a Tuesday because you already feel like treating yourself for crushing the work week? We get it, and we want to bring you that same feeling with a homemade meal. This slurp-worthy noodle stir-fry is loaded with broccoli, mushrooms, and scallions and tossed in a sticky-sweet teriyaki sauce. We've got you covered!

WHAT WE SEND

- 5 oz pad Thai noodles
- ½ lb broccoli
- 2 scallions
- 1 oz fresh ginger
- 2 (2 oz) teriyaki sauce ^{1,6}
- 4 oz mushrooms
- 10 oz pkg coulotte steak

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- garlic

TOOLS

- large pot
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 690kcal, Fat 25g, Carbs 75g, Protein 44g



1. Boil noodles

In a large pot, combine **2½ quarts water (10 cups)** and **noodles**. Cover and bring to a boil, stirring occasionally. Once boiling, uncover and cook over high heat, stirring to prevent sticking and to allow for even cooking, until tender, about 6 minutes. Drain noodles, rinse under cold water, then drain well again.



2. Prep ingredients & sauce

Cut **broccoli** into 1-inch florets, if necessary. Trim stems from **mushrooms**; cut caps into ¼-inch slices. Trim ends from **scallions**; cut into 1-inch pieces. Peel and finely chop **1½ teaspoons ginger** and **1 teaspoon garlic**.

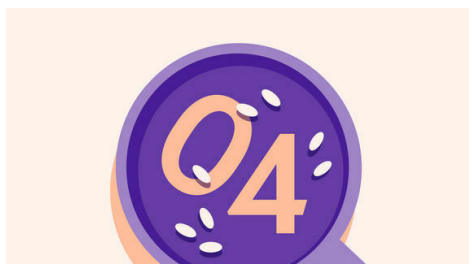
In a medium bowl, whisk to combine **all of the teriyaki sauce** and **⅓ cup water**.



3. Cook steak

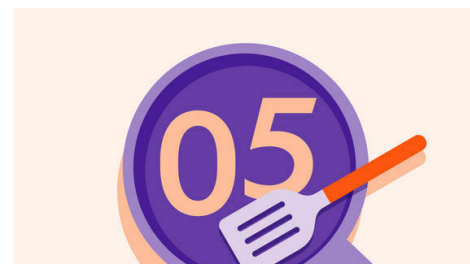
Pat **steaks** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add steaks and cook until browned and medium-rare, 3–4 minutes per side (or longer for desired doneness). Transfer to a cutting board.



4. Stir-fry veggies

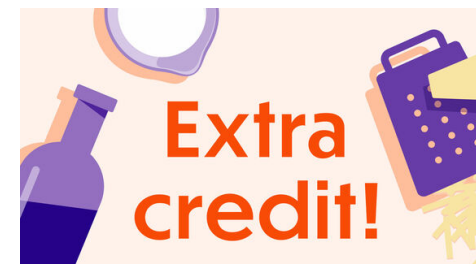
Heat **2 tablespoons oil** in same skillet over medium-high. Add **broccoli** and **mushrooms**; cook until tender and browned in spots, 4–5 minutes. Season to taste with **salt** and **pepper**. Add **chopped ginger, garlic, scallions**, and **1 teaspoon oil**. Cook until fragrant, about 30 seconds.



5. Stir fry noodles & serve

Add **noodles** and **teriyaki mixture** to same skillet. Cook, stirring, until sauce is slightly thickened and noodles are warmed through, 1–2 minutes; season to taste with **salt** and **pepper**. Slice **steak**, if desired.

Serve **steak, broccoli and mushroom stir-fry** with **noodles**. Enjoy!



6. Make it meaty!

Craving some extra protein? Check out our handy protein packs! Brown some ground beef, grill some chicken, or sauté up some shrimp and add to your stir-fry in step 5.