MARLEY SPOON



Chow Fun with Organic Beef

& Chinese Broccoli

🔿 30-40min 🔌 2 Servings

Chow fun is a spiced Cantonese-style noodle stir-fry, and it's truly fun-to make and eat! Here we combine organic ground beef, tender rice noodles, aromatics, and Chinese broccoli with stir-fry sauce. The sugar in the sauce caramelizes in the hot skillet coating the noodles and beef in a sticky glaze. A homemade chili oil spooned over top adds the perfect warming heat to balance out the sauce.

What we send

- 5 oz pad Thai noodles
- 1 yellow onion
- garlic
- ½ lb Chinese broccoli
- 1 pkt crushed red pepper
- ¼ oz paprika
- 3 oz stir-fry sauce ^{2,1}
- 1/2 oz tamari soy sauce ²
- 10 oz pkg organic ground beef

What you need

- neutral oil
- kosher salt & ground pepper
- sugar
- all-purpose flour ¹
- apple cider vinegar (or white wine vinegar)

Tools

- medium pot
- colander
- microwave
- medium nonstick skillet

Allergens

Wheat (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 59g, Carbs 85g, Protein 38g



1. Cook noodles

Bring a medium pot of water to a boil. Add **noodles** and cook, stirring occasionally to prevent sticking, until al dente, 6-8 minutes. Drain noodles, then rinse under cold water.



2. Prep ingredients

Meanwhile, halve and thinly slice **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Remove **Chinese broccoli leaves** from **stems**. Stack leaves, roll like a cigar, then cut into ½-inch wide ribbons. Thinly slice stems on an angle into ½-inch thick pieces.



3. Make chili oil

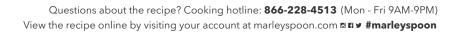
In a small microwave-safe bowl, combine 1/4 cup oil and 1 teaspoon of the garlic. Microwave until garlic is fragrant, about 1 minute. Carefully stir in all of the crushed red pepper (or less, depending on heat preference), 1/4 teaspoon paprika, and 1/2 teaspoon each of salt and sugar; microwave, about 30 seconds more.

Remove from microwave, stir, and set chili oil aside until step 6.



6. Finish & serve

Add **beef** and **noodles** to skillet with **veggies**. Pour in **reserved stir-fry sauce mixture** and toss to coat noodles. Cook, tossing occasionally and pressing down with a spatula to caramelize sauce, until warmed through and sticky in spots, 2-3 minutes. Spoon **beef**, **noodles**, **and Chinese broccoli** into bowls. Drizzle **chili oil** over top, if desired. Enjoy!





4. Cook beef

In a 2nd small bowl, whisk to combine stir-fry sauce, tamari, remaining garlic, 1 tablespoon flour, 2 teaspoons oil, 1 teaspoon vinegar, and ¼ teaspoon sugar; reserve sauce for step 6. Heat 1 tablespoon oil in a medium nonstick skillet over medium-high. Add beef; cook, breaking up into small pieces, until browned and cooked through, about 5 minutes. Transfer beef to a plate.



5. Cook veggies

Heat same skillet over medium-high; add onions and Chinese broccoli stems. Cook, stirring occasionally, until stems are softened and onions are browned in spots, 5-7 minutes. Add Chinese broccoli leaves and cook, stirring frequently, until just wilted, about 1 minute.