



Shanghai Noodles with Beef

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 tender beef strips and an umami-rich sauce into the mix, and just like that—dinner is ready.

What we send

- 1 bunch scallions
- ½ lb baby bok choy
- 10 oz beef strips
- 2 (2½ oz) Chinese egg noodles ^{1,2}
- 2 (½ oz) tamari soy sauce ³
- ½ oz toasted sesame oil ⁴
- ¼ oz pkt toasted sesame seeds ⁴

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- medium pot
- medium nonstick skillet
- colander

Allergens

Egg (1), Wheat (2), Soy (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 38g, Carbs 64g, Protein 28g



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 fried scallions to a paper towel-lined plate. Reserve skillet for step 6.



2. Sear beef strips

Pat **beef strips** dry and season with **salt** and **pepper**.

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



5. Cook noodles & bok choy

Add **noodles** to pot with boiling water. Cook, stirring occasionally to prevent sticking, until noodles are nearly al dente, 2-3 minutes. Add **bok choy** to pot with noodles and continue cooking until bok choy is bright green and tender and noodles are al dente, 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 and bok choy** in bowls with **sauce** spooned over top. Top with **beef strips** and **fried scallions**, mixing to combine. Garnish with **sesame seeds**. Enjoy!