

DINNERLY



Beef & Broccoli Noodles with Teriyaki-Peanut Sauce



20-30min



2 Servings

Some things are almost impossible, and choosing a favorite take-out dish is one of them. So we saved you the trouble and created a hybrid of two popular choices: beef and broccoli + creamy peanut noodles. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1.15 oz peanut butter ¹
- 2 oz teriyaki sauce ^{2,3}
- 7 oz udon noodles ³
- ½ lb pkg beef strips

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- apple cider vinegar (or white wine vinegar)
- neutral oil

TOOLS

- large pot
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 710kcal, Fat 25g, Carbs 87g, Protein 34g

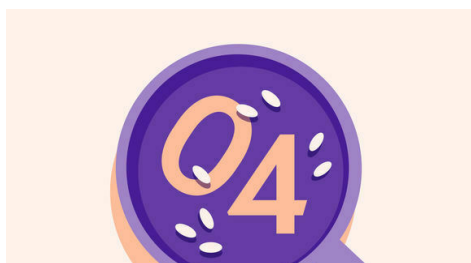


1. Prep ingredients

Bring a large pot of **salted water** to a boil over high heat.

Finely chop **2 teaspoons garlic**. Cut **broccoli** into ½-inch florets, if necessary.

In a medium bowl, stir to combine **peanut butter**, **chopped garlic**, **teriyaki**, **¼ cup water**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**; set aside until step 5.



4. Combine

Return **noodles** to pot along with **beef**, **broccoli**, and **¼ cup of the reserved cooking water**. Cook over medium heat, tossing, until liquid is absorbed, about 2 minutes.



2. Cook noodles

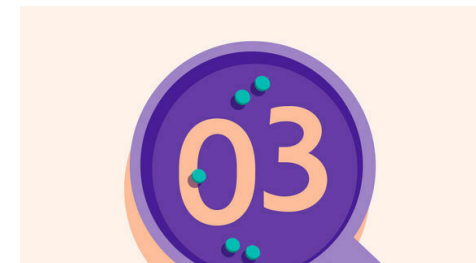
Add **noodles** to pot with boiling **salted water**; cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Reserve **½ cup cooking water**, then drain noodles and rinse under warm water; set aside until step 4.



5. Finish & serve

Remove pot from heat. Add **peanut sauce** and toss to coat. If sauce is too thick, add **1 tablespoon reserved cooking water** at a time, as needed. Season to taste with **salt** and **pepper**.

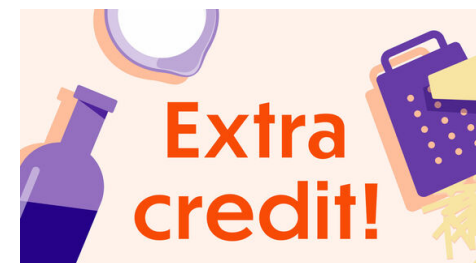
Serve **beef and broccoli noodles** with **peanut sauce**. Enjoy!



3. Cook beef & broccoli

Meanwhile, pat **beef** dry.

Heat **1 teaspoon oil** in a medium skillet over medium-high. Add beef and cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes. Add **broccoli**, **¼ teaspoon salt**, and **¼ cup water**. Cover, reduce heat to medium, and cook until broccoli is crisp-tender, about 5 minutes.



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.