

# MARLEY SPOON



## Beef & Broccoli Lo Mein

with Toasted Cashews



30min



2 Servings

Who needs take-out when you can make better-than-take-out dinners in your kitchen? No one! Tender beef strips and crisp broccoli come together with udon noodles for a fresh take on lo mein. We stir-fry the whole thing in an umami sauce of tamari and sesame, then top it with roasted cashews for a savory finishing crunch.



## What we send

- 1 oz fresh ginger
- garlic
- 1 red onion
- ½ lb broccoli
- 1 oz salted cashews <sup>15</sup>
- 7 oz udon noodles <sup>1</sup>
- 2 oz tamari soy sauce <sup>6</sup>
- ½ oz toasted sesame oil <sup>11</sup>
- 10 oz pkg beef strips

## What you need

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

## Tools

- medium pot
- large skillet

## Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 28g, Carbs 111g, Protein 42g



### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil.

Peel and finely chop **ginger**. Finely chop **2 teaspoons garlic**. Halve **onion**, then thinly slice through the root end. Cut **broccoli** into ½-inch florets, if necessary. Coarsely chop **cashews**.



### 4. Cook beef

Pat **beef** dry.

Heat **1 tablespoon oil** in a large skillet over high until shimmering. Add beef and a **generous pinch each of salt and pepper**. Cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until well browned and cooked through, about 2 minutes more. Transfer to a plate.



### 2. Cook noodles

Add **noodles** to boiling **water**. Cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse noodles with cold water, and drain again.



### 5. Stir-fry vegetables

Heat **1 tablespoon oil** in same skillet over medium-high. Add **onions, broccoli**, and a **pinch each of salt and pepper**. Cook, stirring, until crisp-tender and browned in spots, about 4 minutes. Add **chopped ginger and garlic** and cook, stirring, until fragrant, about 1 minute.



### 3. Make sauce

In a small bowl, combine **tamari, sesame oil, ¼ cup water, 2 tablespoons sugar**, and **1½ tablespoons vinegar**.



### 6. Finish & serve

Add **noodles, beef**, and **sauce** to skillet with **veggies**. Toss over high heat until noodles and veggies are well coated and sauce is mostly absorbed, 2-3 minutes. Season to taste with **salt** and **pepper**.

Serve **lo mein** with **cashews** sprinkled over top. Enjoy!