

MARLEY SPOON



Beef Chow Fun

with 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 grass-fed 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
- ½ lb Chinese broccoli
- 1 pkt crushed red pepper
- ¼ oz paprika
- 3 oz stir-fry sauce ^{2,1}
- ½ oz tamari soy sauce ²
- 10 oz pkg grass-fed ground beef
- garlic

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 940kcal, Fat 46g, 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 **¼ 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), **¼ teaspoon paprika**, and **½ teaspoon each of salt and sugar**; microwave, about 30 seconds more. Remove from microwave, stir, and set chili oil aside until step 6.



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.



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!