

# DINNERLY



## Teriyaki Beef & Broccoli Stir-Fry with Rice Noodles



20-30min



2 Servings

Just talking about beef and broccoli puts us in a good mood. Try being grumpy while you think about juicy sirloin strips and tender broccoli with chewy rice noodles, all smothered in teriyaki sauce. See, it's impossible! We've got you covered!

### WHAT WE SEND

- 1 red onion
- ½ lb broccoli
- 2 oz teriyaki sauce <sup>1,2</sup>
- 5 oz pad Thai noodles
- ½ lb pkg sirloin steak

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil

### TOOLS

- large pot
- large nonstick skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 740kcal, Fat 24g, Carbs 102g, Protein 31g



#### 1. Prep veggies & sauce

Bring a large pot of **water** to a boil.

Finely chop **1 teaspoon garlic**. Cut **onion** into 1-inch pieces. Cut **broccoli** into ½-inch florets, if necessary.

In a small bowl, stir to combine **teriyaki sauce** and **1½ teaspoons sugar**.



#### 2. Cook broccoli & noodles

Add **noodles** to pot with boiling **salted water** and cook, stirring occasionally to prevent sticking, about 4 minutes. Stir in **broccoli** and cook until both are tender, 2–3 minutes more. Reserve **¼ cup cooking water**. Drain, rinse under cold water, then drain again. Toss with **1 teaspoon oil**.



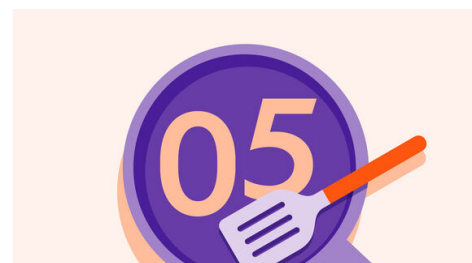
#### 3. Start stir-fry

Pat **steak** dry and thinly slice; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **beef** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Add **garlic**, stir, and cook until cooked through, about 2 minutes more. Transfer to a plate. Reserve skillet.



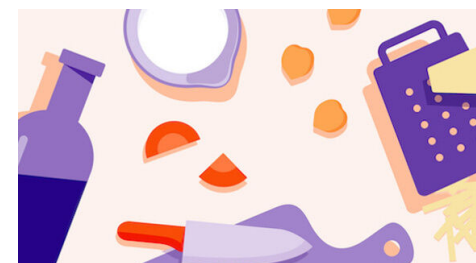
#### 4. Finish stir-fry

Return skillet to high heat. Add **onions** and **1 tablespoon oil**; cook until browned and crisp-tender, 2–3 minutes. Add **broccoli** and **noodles** to skillet; cook until just combined and heated through, 1–2 minutes. Add **beef**, **teriyaki mixture**, and **reserved cooking water**. Cook, tossing, until noodles are evenly coated, about 1 minute.



#### 5. Serve

Serve **beef and broccoli stir-fry**. Enjoy!



#### 6. Check us out!

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