

# MARLEY SPOON



## Beef Yakisoba

with Shredded Veggies & Fresh Ginger



ca. 20min



2 Servings

We have a few tricks up our sleeves for getting a tasty dinner on the table in a flash. We combine quick-cooking beef strips with tender Chinese egg noodles and a shredded broccoli blend. A sweet stir-fry sauce caramelizes in the hot pan, creating a sticky-savory glaze on the noodles. We top it off with scallions and sesame seeds—your taste buds won't believe this came together in 20 minutes.



## What we send

- 2 scallions
- garlic
- 1 piece fresh ginger
- 10 oz pkg beef strips
- 2 (2½ oz) Chinese egg noodles <sup>1,4</sup>
- 12 oz broccoli coleslaw blend
- 3 oz stir-fry sauce <sup>3,4</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

## What you need

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

## Tools

- large saucepan
- medium nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 570kcal, Fat 19g, Carbs 81g, Protein 28g



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below  
to match your recipe choices.  
Happy cooking!

### 1. Prep ingredients

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

Trim **scallions**, then thinly slice. Finely chop **2 teaspoons garlic**. Peel and finely chop **half of the ginger**. Pat **beef strips** dry, then season all over with **salt** and **pepper**.



### 4. Make sauce

Meanwhile, in a small bowl, whisk to combine **all of the stir fry sauce, chopped garlic and ginger, 1 tablespoon ketchup, 2 teaspoons oil, 1 teaspoon vinegar, and ¼ teaspoon sugar**.



### 2. Boil noodles

Add **noodles** to saucepan with **boiling water**. Cook, cook, stirring occasionally, until al dente and noodles come apart, 4-5 minutes. Drain noodles.



### 5. Finish yakisoba

To skillet with **broccoli slaw**, add **beef, noodles**, and **half of the scallions**. Add **sauce** and toss to coat. Cook over medium-high heat, tossing occasionally and pressing down with a spatula to caramelize sauce, until warmed through and sticky in spots, 2-3 minutes.



### 3. Cook beef & veggies

Heat **1 tablespoon oil** in a medium nonstick skillet over high until shimmering. Add **beef** and cook, stirring once or twice, until browned all over and cooked through, 3-5 minutes. Transfer to a plate.

Add **broccoli slaw** to same skillet and cook, stirring occasionally, until softened and browned in spots, 4-6 minutes.



### 6. Serve

Serve **beef, noodles, and veggies** in bowls topped with **sesame seeds** and **remaining scallions**. Enjoy!