

# DINNERLY



## Beef & Broccoli Chow Fun with Rice Noodles



20-30min



2 Servings

Just talking about chow fun puts us in a good mood. Just try being a bit grumpy—it's impossible because the fun is built right into this dish—especially when it's loaded one loaded with juicy chunks of beef and tender broccoli. The slightly sweet sauce is balanced with a drizzle of chili oil at the end. Feel free to add as much or as little as you like. We've got you covered!

### WHAT WE SEND

- garlic (use 2 large cloves)
- 1 pkg ground beef
- 1 medium red onion
- 1.8 oz teriyaki sauce <sup>1,6</sup>
- 5 oz stir-fry noodles
- 4 oz broccoli

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil, such as vegetable
- sugar

### TOOLS

- medium pot
- large nonstick skillet
- colander

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 930kcal, Fat 41g, Carbs 103g, Protein 38g



#### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop **2 teaspoons garlic**. Halve, peel, and cut **onion** into 1-inch rounds, separating rings. Thinly slice **broccoli stems**, then cut florets into ½-inch pieces.



#### 2. Make chili oil & sauce

Heat **1 tablespoon oil** in a large nonstick skillet over medium until shimmering. Carefully pour into a small heatproof bowl (reserve skillet for step 4). To the oil, add **all of the chili garlic sauce**, **½ teaspoon of the chopped garlic**, and **a pinch of salt**. Carefully stir, then let cool. In a second small bowl, combine **teriyaki sauce** and **1½ teaspoons sugar**.



#### 3. Cook noodles & broccoli

Cook **broccoli** in boiling water until crisp-tender, 2–3 minutes. Use a slotted spoon to transfer to a paper towel-lined plate to drain. Cook **noodles** in boiling water until tender, stirring often, about 7 minutes. Reserve **¼ cup cooking water**, then drain and rinse noodles under warm water. Use kitchen shears to cut noodles in half directly in the colander.



#### 4. Begin stir-fry

Heat **1 tablespoon oil** in same skillet over high. Add **beef**, **remaining 1½ teaspoons garlic**, **½ teaspoon salt**, and **several grinds of pepper**. Cook, breaking up meat into smaller pieces, until liquid is evaporated and beef is browned, 5–7 minutes. Transfer to a plate. Return skillet to high. Add **onions** and **1 tablespoon oil**; cook until browned, 2–3 minutes.



#### 5. Finish & serve

Transfer **broccoli** and **noodles** to skillet with **onions**; cook, stirring, until heated through, 1–2 minutes. Add **beef** and toss to combine. Stir **teriyaki mixture**, then add to skillet along with **reserved cooking water**; cook until **noodles** are evenly coated, about 1 minute. Spoon **chow fun** onto plates and serve **chili oil** on the side, for drizzling over. Enjoy!



#### 6. Make it kid-friendly

The chili oil is only for those that love spicy food! If you are cooking for people that aren't so into heat, feel free to leave it out completely!