

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
- 1 medium onion
- 4 oz broccoli
- 2 pkts chili garlic sauce ¹⁷
- 1 pkt teriyaki sauce ^{1,6}
- 7 oz pkg stir-fry noodles
- 1 pkg ground beef

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- sugar

TOOLS

- medium pot
- large nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

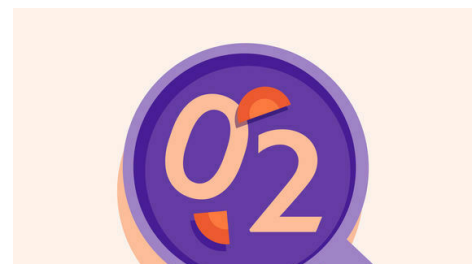
NUTRITION PER SERVING

Calories 990kcal, Fat 51g, Carbs 98g, Proteins 37g



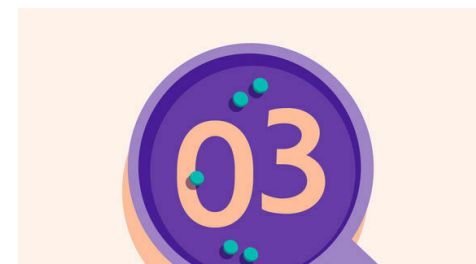
1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**. Cut **onion** crosswise into 1-inch thick rounds, separating rings. Thinly slice **broccoli stems**, then cut crowns into ½-inch florets.



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



3. Cook noodles & broccoli

Add **broccoli** to boiling water; cook until crisp-tender, 2–3 minutes. Use a slotted spoon to transfer to a paper towel-lined plate. Add **noodles** to same boiling water and cook, stirring to prevent sticking, until tender, 4–6 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.



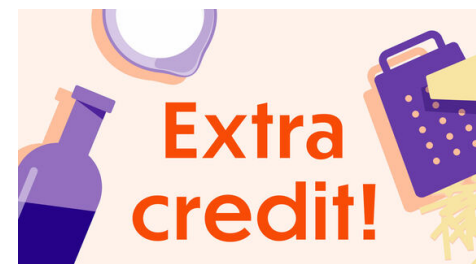
4. Start stir-fry

Heat **1 tablespoon oil** in reserved skillet over high. Add **beef** and **remaining chopped garlic**; season with **salt** and **pepper**. Cook, breaking up meat into smaller pieces, until liquid is evaporated, and beef is browned and cooked through, 5–7 minutes. Transfer to a plate. Return skillet to high heat. Add **onions** and **1 tablespoon oil**; cook, stirring, until browned, 2–3 minutes.



5. Finish & serve

Add **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, tossing, 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!