



Five-Spice Beef Stir-Fry

with Chinese Broccoli & Rice Noodles



20-30min



2 Servings

Chinese five-spice has a long history in Chinese cuisine and is said to be a treat for the taste buds and the body. While the spices may vary slightly from region to region (and household to household), one thing remains the same—balance, combining all five flavors in perfect harmony: sour, bitter, sweet, spicy, and salty. The blend usually consists of star anise, cinnamon, fennel seed, peppercorns, and clove.

What we send

- garlic
- 1 oz fresh ginger
- ½ lb Chinese broccoli
- ¼ oz fresh cilantro
- 2 oz tamari soy sauce ⁶
- ½ oz honey
- 1 pkg stir-fry noodles
- 10 oz grass-fed ground beef
- ¼ oz Chinese five spice

What you need

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

Tools

- medium pot
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 860kcal, Fat 45g, Carbs 80g, Protein 31g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Finely chop **1 teaspoon garlic**. Peel and finely chop **1½ tablespoons ginger**. Trim ends from **Chinese broccoli**, then slice leaves into 1-inch pieces. Finely chop **cilantro leaves and stems**.



4. Cook rice noodles

Add **noodles** to boiling water and cook, stirring frequently to prevent sticking, until tender, 4-7 minutes. Drain and rinse under warm water; drain again then cut noodles in half with kitchen shears.



2. Season stir-fry sauce

In a small bowl, whisk to combine **tamari**, **honey**, **3 tablespoons water**, **2 tablespoons vinegar**, and **1 tablespoon sugar**.



5. Season ground beef

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **ground beef**, **chopped ginger and garlic**, **½ teaspoon Chinese five-spice**, and **a pinch each of salt and pepper**. Cook, stirring, until beef is browned and cooked through, about 4 minutes. Carefully pour off any fat from skillet.



3. Cook Chinese broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **Chinese broccoli** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until crisp-tender, about 3 minutes. Transfer to a plate. Reserve skillet for step 5.



6. Finish & serve

Add **noodles**, **Chinese broccoli**, **⅔ of the chopped cilantro**, and **stir-fry sauce** to skillet. Increase heat to high, and cook, stirring frequently, until **sauce** coats the **noodles** and **broccoli** is warm, about 2 minutes. Season to taste with **salt** and **pepper**. Serve **stir-fry** garnished with **remaining cilantro**. Enjoy!