

# DINNERLY



## Broccoli & Mushroom Rice Noodle Stir-Fry

with Teriyaki Sauce



20-30min



2 Servings

You know that feeling when you order from your favorite take-out spot on a Tuesday because you already feel like treating yourself for crushing the work week? We get it, and we want to bring you that same feeling with a homemade meal. This slurp-worthy noodle stir-fry is loaded with broccoli, mushrooms, and scallions and tossed in a sticky-sweet teriyaki sauce. We've got you covered!

### WHAT WE SEND

- 4 oz broccoli
- 2 oz white mushrooms
- 1 oz scallions
- 1 oz fresh ginger
- garlic (use 1 large cloves)
- 2 pkts teriyaki sauce <sup>1,6</sup>
- 7 oz pkg stir-fry noodles

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

### TOOLS

- large saucepan
- medium nonstick skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 570kcal, Fat 18g, Carbs 90g, Proteins 14g



#### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Trim stem ends from **broccoli**; cut crowns into 1-inch florets. Trim stems from **mushrooms**; cut caps into ¼-inch slices. Trim ends from **scallions**; cut into 1-inch pieces. Peel and finely chop **1½ teaspoons ginger** and **1 teaspoon garlic**. In a medium bowl, whisk **all of the teriyaki sauce** and **⅓ cup water** until smooth.



#### 4. Add aromatics

Add **garlic, ginger, scallions,** and **1 teaspoon oil** to the skillet with veggies. Cook until fragrant, about 30 seconds.



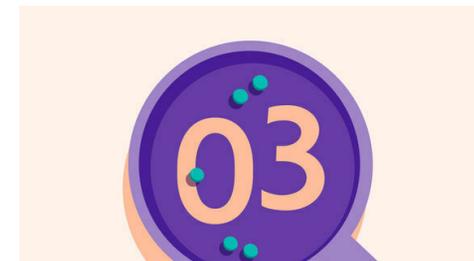
#### 2. Cook noodles

Add **rice noodles** to boiling water. Cook, stirring, until just tender, 4-6 minutes. Drain, rinse with warm water, and drain again.



#### 5. Stir fry noodles & serve

Add **noodles** and **sauce** to the skillet with veggies and aromatics. Cook, stirring, until sauce thickens slightly and noodles are warmed through, 1-2 minutes. Off heat and season to taste with **salt** and **pepper**. Enjoy!



#### 3. Stir fry veggies

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **broccoli** and **mushrooms**; cook until tender and browned in spots, 4-5 minutes. Season with **salt** and **pepper**.



#### 6. Make it meaty!

Craving some extra protein? Check out our handy protein packs and brown some ground beef, grill some chicken, or sauté up some shrimp to stir into your stir-fry in step 5!