



GINGER BEEF NOODLES

with Carrots and Bok Choy



HELLO GINGER

One of nature's great anti-inflammatories that may help fight flus and colds

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 550



Beef Strips



Shanghai Bok Choy



Garlic



Ginger



Green Onions



Carrot, julienned



Yakisoba Noodles



Hoisin Sauce



Soy Sauce



Sesame Seeds, toasted

BUST OUT

- Measuring Spoons
- Strainer
- Large Non-Stick Pan
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Beef Strips 1 pkg | 2 pkg
- Shanghai Bok Choy 400 g | 800 g
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Ginger 30 g | 60 g
- Green Onions 2 | 4
- Carrot, julienned 1 pkg (113 g) | 2 pkg (227 g)
- Yakisoba Noodles 1 1 pkg (180 g) | 2 pkg (360 g)
- Hoisin Sauce 1,4,8 1 pkg (3 tbsp) | 2 pkg (6 tbsp)
- Soy Sauce 1,4 2 pkg (1 tbsp) | 4 pkg (2 tbsp)
- Sesame Seeds, toasted 8 1 pkg (1 tbsp) | 2 pkg (2 tbsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.



START STRONG

Stir-fry strips need to be cooked at a high temperature quickly and with plenty of space. Avoid overcrowding the pan to prevent the beef from stewing in its own juices.



1 PREP

Wash and dry all produce.* Cut the **bok choy** into 1-inch pieces. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people). Thinly slice the **green onions**. In a medium bowl, cover the **noodles** with hot tap water.



2 COOK BEEF

Pat the **beef strips** dry with paper towel. Season with **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **half the** beef strips. Cook until browned, 1-2 min per side. Transfer to a plate. Repeat with the **remaining** beef.



3 COOK VEGGIES

In the same pan, add a drizzle of **oil**, then the **bok choy, garlic, ginger** and **carrots**. Cook, stirring occasionally, until the bok choy is tender-crisp, 3-4 min.



4 COOK NOODLES

Drain, then add the **noodles** and **2 tbsp water** (double for 4 ppl) to the **veggies**. Cook, stirring occasionally, until the noodles separate, 2-3 min. Add the **beef, hoisin sauce** and **soy sauce**. Stir together until warmed through, 2-3 min.



5 FINISH AND SERVE

Divide the **noodles** between bowls. Sprinkle with the **green onions** and **sesame seeds**.

SLURP IT UP!

Slurping noodles is considered a compliment to the chef in some Asian countries!