



SESAME STEAK STIR-FRY

With Baby Corn and Snow Peas



HELLO

BABY CORN

These are simply corn cobs that have not matured into the grown-up version we know so well

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 770



Beef Strips



Garlic



Baby Corn



Sesame Oil



Sesame Seeds



Yakisoba Noodles



Soy Sauce-Mirin Blend



Sweet Chili Sauce



Snow Peas, trimmed

BUST OUT

- Garlic Press
- Large Bowl
- Strainer
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Measuring Cup

INGREDIENTS

4-person

- Beef Strips 2 pkg
- Garlic 2 pkg (20 g)
- Baby Corn 1 can
- Sesame Oil 8 1 pkg (1 tbsp)
- Sesame Seeds 8 1 pkg (1 tbsp)
- Yakisoba Noodles 1 2 pkg (360 g)
- Soy Sauce-Mirin Blend 1,4 1 pkg (4 tbsp)
- Sweet Chili Sauce 1 1 pkg (1 tbsp)
- Snow Peas, trimmed 1 pkg (227 g)

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.



START STRONG

Pre-heating your pan, before you add the oil, is a great start to ensure a quick and tasty stir-fry!



1 PREP
Wash and dry all produce.* Mince or grate the **garlic**. Drain and rinse the **baby corn**. In a large bowl, soak the **noodles** in hot tap water (this will help separate the noodles).



4 COOK VEGGIES AND NOODLES
Decrease the heat to medium. Add a drizzle of **oil**, then the **snow peas** and **garlic**. Cook, stirring occasionally, until the snow peas are tender-crisp, 3-4 min. Drain the **noodles**. Add the noodles, **baby corn**, **soy-mirin blend**, **sweet chili sauce** and **1/3 cup water**. Cook, stirring occasionally, until the noodles separate, 3-4 min.



2 TOAST SESAME SEEDS
Add the **sesame seeds** to a cold, large non-stick pan. Heat over medium-high heat and toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



5 ASSEMBLE STIR-FRY
Add the **beef** to the pan and stir together until warmed through, 2-3 min. Season with **salt** and **pepper**.



3 COOK BEEF
Pat the **beef strips** dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high heat. Add **half the sesame oil**, then **half the beef strips**. Cook until browned, 1-2 min per side. Transfer to a plate. Repeat with the **remaining** sesame oil and **remaining** beef.



6 FINISH AND SERVE
Divide the **stir-fry** between bowls and sprinkle with the **toasted sesame seeds**.

SLURP IT UP!

In some Asian cultures, making loud slurping sounds while eating noodles is a compliment to the chef!