



CHINESE-STYLE SUPER-SPEEDY BEEF LO MEIN

with Garlic Chili Oil & Sesame Seeds

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 Clove | 2 Cloves
Garlic



10 oz | 20 oz
Ground Beef**



4 oz | 8 oz
Red Cabbage and
Carrot Mix



1 | 2
Pork Ramen Stock
Concentrate



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame, Soy,
Wheat



4.5 oz | 9 oz
Lo Mein Noodles
Contains: Wheat



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



1 tsp | 1 tsp
Chili Flakes



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

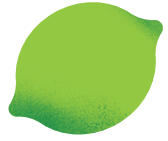
HELLO

LO MEIN

These long noodles have a tender, springy texture that's perfect for stir-fries.



PREP: 5 MIN | COOK: 15 MIN | CALORIES: 770



HELLO FRESH

BEST PRESSED

In Step 2, you'll press the beef into an even layer and let it cook (without stirring) to develop crispy, delicious edges.

BUST OUT

- Large pot
- Large pan
- Small bowl
- Plastic wrap
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 3 tsp)

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim **scallions** and cut whites into 1-inch pieces; thinly slice greens. Peel and mince or grate **garlic**.



4 MAKE GARLIC CHILI OIL

- While noodles cook, in a small microwave-safe bowl, combine **garlic**, **sesame seeds**, **half the chili flakes**, **1 tsp oil**, and a **pinch of salt** (all the chili flakes and 2 tsp oil for 4 servings). (Use fewer chili flakes if you prefer less heat.) Cover tightly with plastic wrap; microwave until fragrant, 30 seconds.



2 COOK BEEF & VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **beef***; using a spatula, press into an even layer. Season with a **big pinch of salt** and **pepper**; cook, undisturbed, until browned on bottom, 2-4 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**
- Add **cabbage and carrot mix** and **scallion whites**; cook, stirring occasionally and breaking up meat into pieces, until veggies are browned and tender and beef is cooked through, 2-4 minutes more.
- Stir in **stock concentrate**, **sweet soy glaze**, and **¼ cup water** (½ cup for 4 servings). Bring to a simmer; cook until thickened, 1 minute. Turn off heat.



5 TOSS LO MEIN

- Once **noodles** are al dente, drain and transfer to pan with **beef mixture**; toss until thoroughly coated. Taste and season with **salt** and **pepper** if desired.



3 COOK NOODLES

- Once water is boiling, add **noodles** to pot. Cook, stirring occasionally, until al dente, 5-7 minutes.



6 SERVE

- Divide **beef lo mein** between bowls; drizzle with **garlic chili oil** and sprinkle with **scallion greens**. Serve.

*Ground Beef is fully cooked when internal temperature reaches 160°.