



ONE-PAN STEAK & BELL PEPPER LO MEIN

with Tomato & Red Onion

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Bavette Steak



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Cornstarch



2 TBSP | 2 TBSP
Soy Sauce
Contains: Soy, Wheat



4.5 oz | 9 oz
Lo Mein Noodles
Contains: Wheat



1 | 2
Tomato



1 | 2
Green Bell
Pepper



1 | 2
Red Onion



2 | 4
Scallions



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



1 tsp | 2 tsp
Sriracha



1 | 2
Ketchup



1 | 2
Chicken Stock
Concentrate



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HELLO

LO MEIN

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



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 690



HELLO FRESH

MIX IT UP

In Step 1, you'll mix together cornstarch and soy sauce, which creates a lightly crispy texture on the sliced steak and helps thicken the sauce so it clings to the noodles.

BUST OUT

- Medium pot
- Paper towels
- Medium bowl
- Strainer
- Large pan
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Steak is fully cooked when internal temperature reaches 145°.



1 START PREP

- Bring a medium pot of **salted water** to a boil.
- Pat **steak*** dry with paper towels; thinly slice against the grain.
- In a medium bowl, combine **garlic powder**, **half the cornstarch**, **half the soy sauce**, a **small pinch of salt**, and **pepper** (all the cornstarch and all the soy sauce for 4 servings). Add steak; toss until coated.
- Set aside until ready to use in Step 4.



4 COOK STEAK

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **steak** and cook, stirring occasionally, until a crust forms, 4-6 minutes (**steak will finish cooking in the next step**). Turn off heat; transfer to a plate. Wipe out pan.



2 COOK NOODLES

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



5 MAKE LO MEIN

- Heat another **drizzle of oil** in pan used for steak over medium heat. Add **tomato**, **bell pepper**, **onion**, and **scallion whites**; cook, stirring occasionally, until browned and tender, 4-6 minutes.
- While veggies cook, in a small bowl, whisk together **sweet soy glaze**, **Sriracha**, **ketchup**, **stock concentrate**, and **1/2 cup water** (1/2 cup for 4 servings).
- Add **steak**, **noodles**, and **sauce mixture** to pan with **veggies**. Cook, stirring constantly, until sauce has thickened and steak is cooked through, 1-2 minutes. (**For 4**, **transfer veggies to a large bowl**. **Finish cooking steak, noodles, and sauce in pan as instructed; transfer to bowl with veggies and toss to combine.**)
- Taste and season with **salt** and **pepper** if desired.



3 FINISH PREP

- While noodles cook, **wash and dry produce**.
- Cut **tomato** into 1/2-inch wedges. Core, deseed, and dice **bell pepper** into 1/2-inch pieces. Halve, peel, and cut **onion** into 1/2-inch-thick wedges. Trim and thinly slice **scallion greens**; cut **scallion whites** into 1-inch batons.



6 SERVE

- Divide **lo mein** between plates and top with **scallion greens**. Serve.

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