



AUG
2016

Sizzling Steak-Stir Fry

with Miki Noodles and Bok Choy

Tempted to get take-out? Make this sizzling noodle dish instead - we guarantee it will take less time! Our secret to making this dish so flavourful is the Chinese Five Spice. It's a blend of aromatic spices that will add some oomph to any Asian dish!



Prep
25 min



level 1



dairy
free



Flank Steak



Red Chili



Green Onions



Garlic



Cashews



Bok Choy



Miki Noodles



Soy Sauce



Beef Broth
Concentrate



Chinese Five Spice

Ingredients

Flank Steak		2 (680 g)
Long Red Chili 		1
Green Onions		4
Garlic		2 cloves
Cashews, chopped	1)	1 pkg (28 g)
Baby Bok Choy		12
Miki Noodles	2)	1 pkg (400 g)
Soy Sauce	2) 3)	1 bottle (2 tbsp)
Beef Broth Concentrate		1
Chinese Five Spice		1 pkg (2 tsp)
Sugar*		1 tsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Tree Nuts/Noix
- 2) Wheat/Blé
- 3) Soy/Soja

Tools

Medium Pot, Strainer, Large Non-Stick Pan, Measuring Spoons, Measuring Cups

Nutrition per person Calories: 582 cal | Carbs: 66 g | Fat: 16 g | Protein: 41 g

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

Ruler

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1 Prep: Wash and dry all produce. Rinse and drain the **noodles**. Thinly slice the **green onions**. Mince or grate the **garlic**. Separate the leaves from the **bok choy**. Cut the **red chili** in half lengthwise and thinly slice, if using, removing the ribs and seeds if you prefer less heat. Cut the **steak** into thin ribbons. Season **steak strips** with **salt** and **pepper**.



2 Cook the steak: Heat a drizzle of **oil** in a large non-stick pan over high heat. Pan-fry the **steak strips** in batches so that the outside is browned but the inside remains rare, about 30 secs per side. Transfer the cooked **steak** to a plate.



3 Add another drizzle of **oil** into the pan. Add the **green onions**, **garlic** and **Chinese five spice**. Cook until fragrant, about 1 min. Stir in the **soy sauce**, **sugar**, **broth concentrate** and **½ cup water**.

4 Add the **bok choy**. Cook until **bok choy** wilts, 1-2 min. Add the **noodles** and **steak**. Cook, stirring occasionally, until warmed through, 1-2 min.

5 Finish and serve: Divide **noodles** between bowls, and sprinkle with **cashews** and as much **red chili** as you like. Enjoy!

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