



# DINNERLY



## Beef & Broccoli Chow Fun with Chili Oil

 20-30min  2 Servings

Just talking about chow fun puts us in a good mood. We dare you to be grumpy while eating it—it's impossible because the fun is built right in! Especially when it's this one that is loaded with beef and broccoli. The slightly sweet sauce is balanced out by the kick of chili oil you drizzle on at the end. Add as much or as little as you like. We've got you covered! ...

## WHAT WE SEND

- garlic
- broccoli
- grass-fed ground beef
- yellow onion
- stir-fry rice noodles
- chili garlic sauce <sup>17</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- sugar

## TOOLS

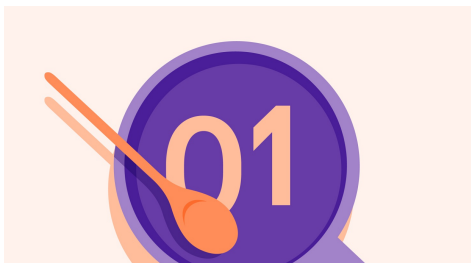
- colander
- large nonstick skillet

## ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 820.0kcal, Fat 30.0g, Proteins 33.0g, Carbs 105.0g



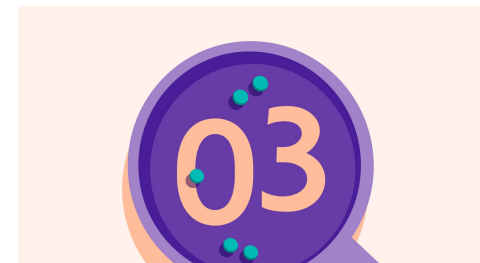
### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop **2 teaspoons garlic**. Halve, peel, and cut **all of the onion** into 1-inch slices, separating layers. Thinly slice **broccoli stems**, then cut florets into ½-inch pieces.



### 2. Make chili oil & sauce

Heat **1 tablespoon oil** in a large nonstick skillet over medium until shimmering. Carefully pour into a small heatproof bowl (reserve skillet for step 4). Add **chili garlic sauce**, **½ teaspoon garlic**, and **a pinch of salt** to the oil, carefully stir, then let cool. In a second small bowl, combine **teriyaki sauce** and **1½ teaspoons sugar**.



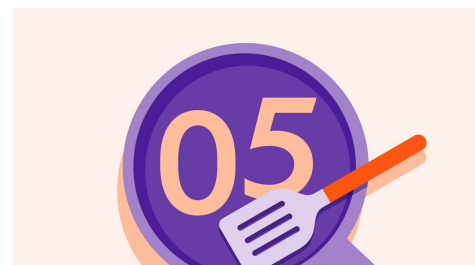
### 3. Cook noodles & broccoli

Add **broccoli** to boiling water; cook until crisp-tender, 2–3 minutes. Use a slotted spoon to transfer to paper towel to drain, pat dry. Add **noodles** to boiling water; cook until tender, stirring often, about 7 minutes. Reserve **¼ cup cooking water**, then drain and rinse noodles under warm water. Using kitchen shears cut noodles in the colander in half.



### 4. Begin stir-fry

Heat **1 tablespoon oil** in skillet over high. Add **beef**, **remaining garlic**, **½ teaspoon salt**, and **several grinds of pepper**. Cook, breaking up into smaller pieces, until any liquid is evaporated and beef is browned, 5–7 minutes. Transfer to a plate. Return skillet to high heat. Add **1 tablespoon oil** and **onions**; stir-fry until browned and crisp-tender, 2–3 minutes.



### 5. Finish & serve

Add **broccoli** and **noodles**; stir-fry until combined and heated through, 1–2 minutes. Return **beef** to skillet and toss. Stir **teriyaki sauce**, add it to the skillet with **reserved cooking water**; stir-fry until **noodles** are evenly coated, about 1 minute. Spoon **chow fun** onto plates and serve **chili oil** on the side for drizzling over. Enjoy!



### 6. Make it kid friendly

The chili oil is only for those that love spicy food! If you have eaters that aren't so into spice, feel free to leave it off completely!