



DINNERLY



Beef & Broccoli Chow Fun with Chili Oil

 20-30min  4 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

- stir-fry rice noodles
- chili garlic sauce ¹⁷
- grass-fed ground beef
- garlic
- yellow onion
- broccoli crowns

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 790.0kcal, Fat 28.0g, Proteins 32.0g, Carbs 103.0g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Peel and finely chop **3 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 **2 tablespoons oil** in a large nonstick skillet over medium until shimmering. Carefully pour into a small heatproof bowl (reserve skillet for step 4). Add **all of the chili garlic sauce, 1 teaspoon garlic, and a pinch of salt** to the oil, carefully stir, then let cool. In a second small bowl, combine **teriyaki sauce** and **1 tablespoon 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, about 7 minutes. Reserve **¾ cup cooking water**, then drain and rinse noodles under warm water. Using kitchen shears cut noodles in the colander in half. Reserve pot.



4. Begin stir-fry

Heat **1½ tablespoons oil** in skillet over high. Add **beef, remaining garlic, 1 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 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

Transfer **onions, broccoli, and noodles** to reserved pot over high; stir-fry until combined and heated through, 1–2 minutes. Add **beef** and toss. Stir **teriyaki sauce**, add to the pot with **reserved cooking water**; stir-fry until **noodles** are well coated, 3–4 minutes. 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!