



Mongolian Beef & Broccoli

with Roasted Cashews & Rice Noodles



20-30min



2 Servings

Chinese broccoli, also known as Chinese kale, is a dark leafy green vegetable that resembles thick stemmed broccoli or broccolini, with flat, dark green leaves, hearty stems, and small florets. It is a popular vegetable in Chinese, Vietnamese, and Thai cooking—loved for its slightly bitter and earthy flavor.

What we send

- Chinese broccoli
- stir-fry rice noodles
- grass-fed ground beef
- fresh cilantro
- hoisin sauce ^{1,6,11}
- fresh ginger
- red onion
- roasted, salted cashews ¹⁵
- toasted sesame oil ¹¹

What you need

- kosher salt & ground pepper
- sugar

Tools

- colander
- skillet
- pot

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1030kcal, Fat 47g, Carbs 116g, Proteins 39g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Slice **Chinese broccoli** crosswise into ½-inch pieces. Peel and finely chop **2 tablespoons ginger**. Halve, peel, and cut **all of the onion** into 1-inch thick slices. Roughly chop **cashews**. Roughly chop **cilantro leaves and stems** together.



4. Add beef

Add **2 teaspoons neutral oil** to same skillet. Add **beef** and **a pinch each salt and pepper**. Cook, breaking meat up into large pieces, until browned, about 3 minutes. Pour off any fat, if necessary. Stir in **ginger** and cook, 1 minute. Return **veggies** to skillet; stir in **sauce**. Cook until sauce is slightly thickened, 30 seconds. Season to taste with **salt** and **pepper**.



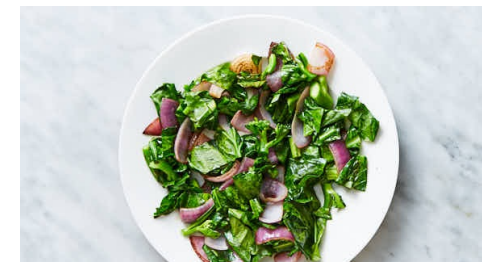
2. Make sauce

In a small bowl or liquid measuring cup, combine **hoisin**, **2 teaspoons sugar**, **1 teaspoon of the sesame oil** and **¼ cup water**.



5. Cook noodles

Add **rice noodles** to boiling water and cook, stirring occasionally, until al dente, about 7 minutes. Drain noodles, then rinse under warm water. Drain again. Toss with **1 teaspoon of the sesame oil**.



3. Cook veggies

Heat **1 tablespoon neutral oil** in a large skillet over medium-high. Add **onions**, and **a pinch each salt and pepper**, and cook, stirring occasionally, until onions are lightly browned, about 3 minutes. Add **Chinese broccoli** and continue to cook, stirring, until broccoli is bright green and crisp-tender, about 3 minutes more. Transfer veggies to a plate.



6. Serve

Serve **noodles** topped with **beef and broccoli stir-fry**. Garnish with **cilantro** and **cashews**. Enjoy!