





## Five-Spice Beef Stir-Fry

with Chinese Broccoli & Rice Noodles

 30-40min  4 Servings

Chinese five-spice has a long history in Chinese cuisine, and is said to be a treat for the taste buds as well as the body. The blend usually consists of star anise, cinnamon, fennel seed, peppercorns, and clove. While the exact spices may vary slightly from region to region (and household to household), one thing remains the same—balance, by combining all five flavors in perfect harmony: sour,...



## What we send

- Chinese five spice
- tamari soy sauce
- ground beef
- honey
- fresh ginger
- garlic
- stir-fry noodles
- fresh cilantro
- chinese broccoli

## What you need

- apple cider vinegar
- kosher salt & ground pepper
- sugar

## Tools

- colander
- nonstick skillet
- pot with a lid

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 33g, Carbs 104g, Proteins 35g



### 1. Prep ingredients

Bring a large pot of **salted water** to a boil. Peel and finely chop **2 teaspoons garlic**. Peel and finely chop **3 tablespoons ginger**. Trim and discard ends from **Chinese broccoli**, then slice into 1-inch pieces. Finely chop **cilantro leaves and stems** together.



### 4. Cook rice noodles

Add **noodles** to boiling water and cook, stirring frequently, until tender, 5-7 minutes. Drain and rinse under warm water; drain again then cut in half with kitchen shears.



### 2. Season stir-fry sauce

In a medium bowl, whisk together **all of the tamari, honey, ¼ cup vinegar, 2 tablespoons sugar, and 6 tablespoons of water**.



### 5. Season ground beef

Heat **1½ tablespoons oil** in the same skillet over medium-high. Add **ground beef, ginger, garlic, 1 teaspoon of the five-spice powder, and a pinch each salt and pepper**. Cook, stirring, until beef is browned and fragrant, 5-6 minutes. Carefully pour off almost all of the accumulated fat.



### 3. Cook Chinese broccoli

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high. Add **Chinese broccoli and a pinch each salt and pepper**. Cook, stirring occasionally, until crisp-tender, about 4 minutes. Transfer to a plate. Reserve skillet for step 5.



### 6. Finish & serve

Transfer **noodles, Chinese broccoli, ⅔ of the chopped cilantro, and stir-fry sauce** to skillet. Increase heat to high, and cook, stirring frequently, until sauce coats the noodles and **broccoli** is warm, about 2 minutes. Season to taste with **salt and pepper**. Divide between bowls, then garnish with **remaining cilantro**. Enjoy!