

# Beef Lo Mein

with Black Garlic &  
Sugar Snap Peas

**PREP TIME:** 15 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 4

Springy fresh noodles are the perfect addition to the fresh, stir-fried vegetables in tonight's dish. Sautéed sugar snap peas and red cabbage—cooked separately and then added to the dish at the end to retain their fresh textures—perfectly complement the tender noodles and beef. For incredible depth of flavor, we're sautéing our beef with black garlic (or garlic aged until it develops smoky sweetness). A simple Chinese black bean- and sweet chile-based sauce brings it all together.



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## Ingredients



1 1/8 lbs  
GROUND BEEF



1 lb  
FRESH LO MEIN  
NOODLES



2  
SCALLIONS



1/2 lb  
RED CABBAGE



1/2 lb  
SUGAR SNAP PEAS



1/2 bunch  
GARLIC CHIVES

## KNICK KNACKS:



2 cloves  
BLACK GARLIC



2 Tbsp  
CRÈME FRAÎCHE



2 Tbsp  
SWEET CHILI  
SAUCE



2 Tbsp  
BLACK BEAN  
SAUCE



1 1-inch piece  
GINGER



1 Tbsp  
RICE VINEGAR



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## 1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Snap off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod.
- ☐ Cut out and discard the cabbage core; cut into 1/2-inch-wide pieces.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Peel and finely chop the ginger.
- ☐ Peel and finely chop the black garlic.
- ☐ Thinly slice the garlic chives.



## 2 Blanch & shock the snap peas:

- ☐ Fill a medium bowl with ice water; set aside.
- ☐ To the pot of boiling water, add the **snap peas** and cook, stirring frequently, 1 to 3 minutes, or until bright green and slightly softened.
- ☐ Leaving the pot of water boiling, using a slotted spoon or strainer, immediately transfer the cooked snap peas to the bowl of ice water.
- ☐ Let stand until cool. Drain thoroughly and pat dry with paper towels.

## 3 Cook the cabbage:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **cabbage**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Transfer to a plate.



## 4 Cook the beef:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **ground beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 5 minutes, or until browned.
- ☐ Add the **white bottoms of the scallions, ginger, and black garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened and fragrant.

## 5 Cook the noodles:

- ☐ While the beef cooks, to the pot of boiling water, add the **noodles** (carefully separating with your hands before adding). Cook 1 to 2 minutes, or until heated through. Turn off the heat.
- ☐ Reserving **1 cup of noodle cooking water**, drain thoroughly and return to the pot.



## 6 Finish the noodles & serve your dish:

- ☐ To the pot of **cooked noodles**, add the **cooked beef, cooked cabbage, garlic chives, black bean sauce, sweet chili sauce, and half the reserved noodle cooking water**. Season with salt and pepper. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly coated. (If the sauce seems dry, gradually add the remaining noodle cooking water to achieve your desired consistency.)
- ☐ Turn off the heat and add the **shocked snap peas, vinegar, and crème fraîche**. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the finished noodles among 4 dishes. Garnish with the **green tops of the scallions**. Enjoy!