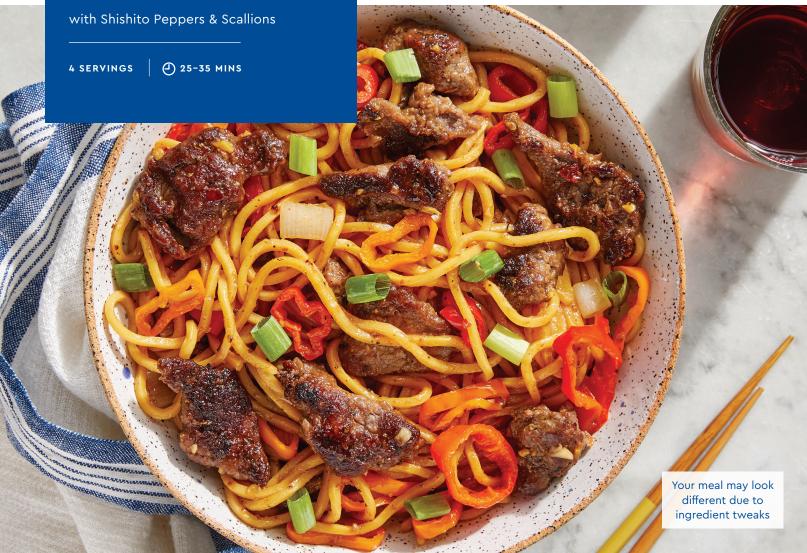
Mongolian Beef & Noodles





This take on a Chinese-American favorite highlights a simple trio of tender beef, crisp shishito peppers, and lo mein noodles—all brought together by a rich, savory, and sweet sauce.

Ingredients

- 18 oz Thinly Sliced Beef
- 1 lb Fresh Lo Mein Noodles*
- ♠ 2 cloves Garlic
- 2 Scallions
- 6 oz Shishito Peppers
- 2 Tbsps Soy Sauce

- 1 Tbsp Light Brown Sugar
- 1/4 cup Cornstarch
- 2 Tbsps Chicken Demi-Glace
- 1/4 tsp Crushed Red Pepper Flakes



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.

blueapron.com/wine

Prepare the ingredients

- Fill a large pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel and roughly chop 2 cloves of garlic.
- Peel the ginger; finely chop to get 1 tablespoon (you may have extra).
- Cut the scallions into 1/2-inch pieces, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**; cut crosswise into ½-inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the chopped garlic, chopped ginger. white bottoms of the scallions, and pepper pieces.

2 Make the sauce

• In a bowl, combine the soy sauce, demi-glace, sugar, 1/3 cup of warm water, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Stir until the sugar has dissolved.



Ingredient updates

mean this step may

look different for you.

3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the prepared pepper mixture; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Transfer to a plate.
- Wipe out the pan.



4 Cook the beef

- Separate the **beef**; pat dry with paper towels. Place in a bowl and season with salt and pepper. Add the cornstarch; toss to thoroughly coat.
- In the same pan, heat 2 tablespoons of olive oil on medium-high until hot.



- Add the coated beef in an even layer (discarding any excess cornstarch). Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and just cooked through.
- Turn off the heat.

5 Cook the noodles

- Meanwhile, add the noodles to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



6 Finish the noodles & serve your dish

- To the pot of cooked noodles, add the cooked vegetables, cooked beef, and sauce. Cook on mediumhigh, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the finished noodles garnished with the green tops of the scallions. Enjoy!



Calories: 680, Total Carbohydrates: 74g, Dietary Fiber: 3g, Added Sugars: 3g, Total Fat: 22g, Saturated Fat: 5g, Protein: 43g, Sodium: 1630mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.