

Mongolian Beef & Noodles

with Shishito Peppers & Scallions

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Your meal may look different due to ingredient tweaks

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 piece Ginger
-  ¼ cup Cornstarch
-  2 Tbsps Chicken Demi-Glaze
-  ¼ tsp Crushed Red Pepper Flakes

*previously frozen



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

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ 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 $\frac{1}{2}$ -inch pieces, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**; cut crosswise into $\frac{1}{2}$ -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, $\frac{1}{3}$ 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.



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 medium-high, 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!



NUTRITION PER SERVING (AS PREPARED)**

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.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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