

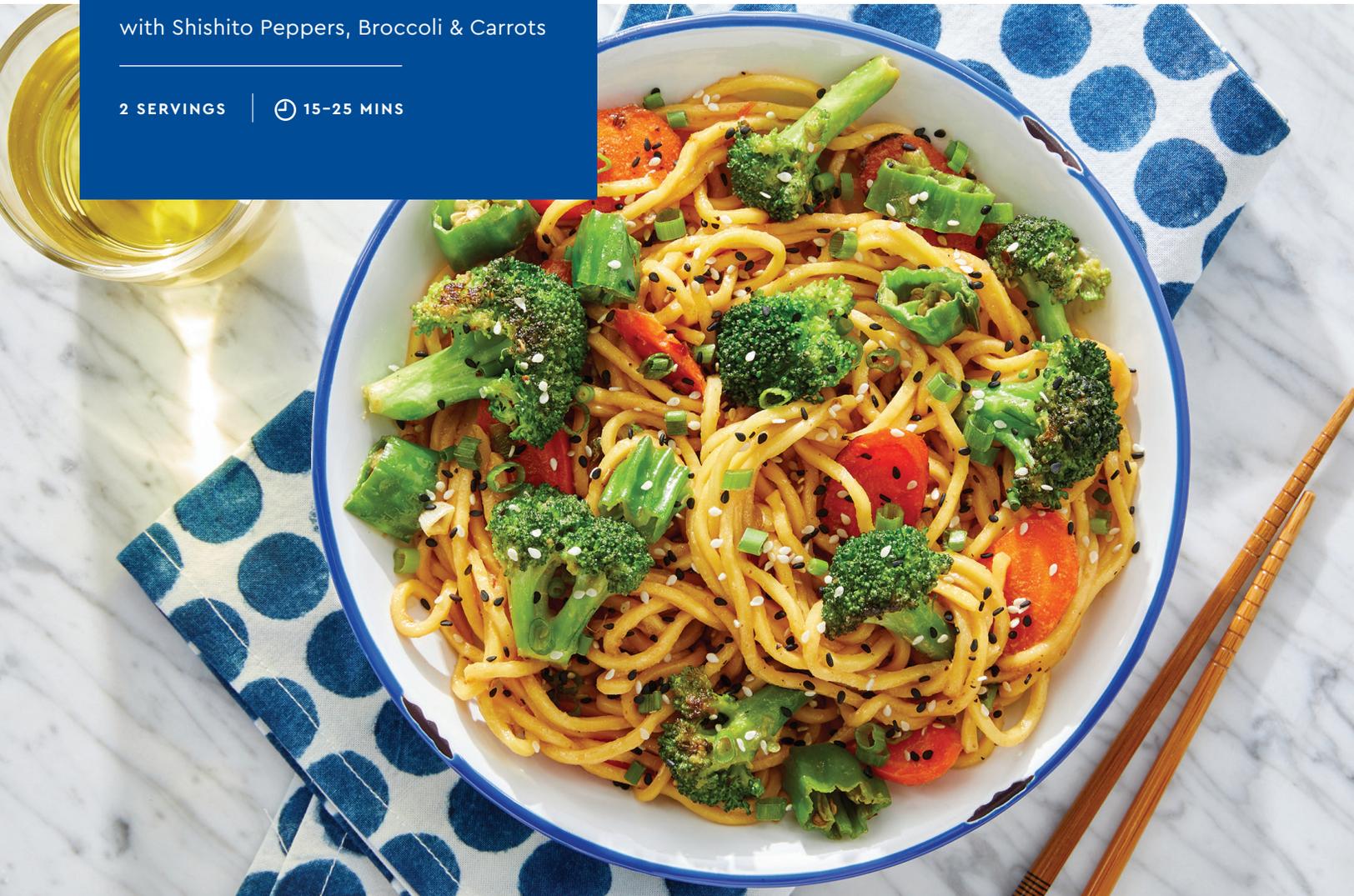
Spicy Vegetable Lo Mein

with Shishito Peppers, Broccoli & Carrots

2 SERVINGS

15-25 MINS

 **Blue Apron**
blueapron.com



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 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

Customized ingredients

ADDED:

 10 oz Thinly Sliced Beef 

 2 Scallions

 2 Tbsps Tahini

 1 tsp Black & White Sesame Seeds

 ½ lb Fresh Lo Mein Noodles¹

 ½ lb Broccoli

 1 Tbsp Sesame Oil

 2 Tbsps Soy Glaze

 6 oz Carrots

 3 oz Shishito Peppers

 3 Tbsps Cumin & Sichuan Peppercorn Sauce

 ¼ tsp Crushed Red Pepper Flakes

Cook along on the app



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¹ previously frozen

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Fill a medium 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 the **carrots**; thinly slice on an angle.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**; cut into $\frac{1}{2}$ -inch pieces. Thoroughly wash your hands immediately after handling.



↔ ADDITIONAL STEP *If you chose Beef*

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned beef in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until the beef is browned and just cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

2 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 **broccoli florets** and **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the broccoli is slightly softened and the water has cooked off.
- Add the **pepper pieces**, **sliced white bottoms of the scallions**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



↔ CUSTOMIZED STEP 2 *If you chose Beef*

- Cook the vegetables as directed, using the pan of reserved fond.

3 Make the sauce

- Meanwhile, in a bowl, whisk together the **cumin-Sichuan sauce**, **tahini**, **soy glaze**, **sesame oil**, and $\frac{3}{4}$ **cup of water** until thoroughly combined.



4 Cook the noodles

- 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 rinse under warm water 30 seconds to 1 minute to prevent sticking.



5 Finish the noodles & serve your dish

- To the pan of **cooked vegetables**, add the **cooked noodles** and **sauce**. Season with salt and pepper. 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 **sesame seeds** and **sliced green tops of the scallions**. Enjoy!



↔ CUSTOMIZED STEP 5 *If you chose Beef*

- Finish the noodles and serve your dish as directed, adding the **cooked beef** to the pan.