

Beef & Broccoli Lo Mein

with Togarashi Cashews

4 SERVINGS

15-25 MINS

 Blue Apron

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

Ingredients

Customized ingredients

 18 oz Thinly Sliced Beef 

SWAPPED FOR:

 18 oz Chopped Chicken Breast 

 2 Tbsps Rice Vinegar

 1 Tbsp Togarashi Seasoning²

 1 lb Fresh Lo Mein Noodles¹

 1 Yellow Onion

 1/3 cup Soy Glaze

 1 lb Broccoli

 3 Tbsps Roasted Cashews

 3 Tbsps Savory Black Bean-Chile Sauce

Cook along on the app



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¹ previously frozen ² Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & make the sauce

- 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 **broccoli**; cut off and discard the bottom $\frac{1}{2}$ inch of the stem, then cut the broccoli into small florets.
- Halve, peel, and thinly slice the **onion**.
- Roughly chop the **cashews**. Place in a bowl. Add the **togarashi** and a drizzle of **olive oil**; stir to thoroughly coat.
- In a separate bowl, combine the **soy glaze**, **black bean-chile sauce**, **vinegar**, and $\frac{1}{4}$ cup of **water**.



2 Cook the beef & onion

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned beef** and **sliced onion** 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.
- Turn off the heat.



↔ CUSTOMIZED STEP 2 *If you chose Chicken*

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** and **sliced onion** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat.

3 Cook the noodles & broccoli

- Meanwhile, to the pot of boiling water, add the **broccoli florets** and **noodles**, 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.



4 Finish the noodles & serve your dish

- To the pot of **cooked broccoli and noodles**, add the **cooked beef and onion and sauce**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly coated and combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** topped with the **togarashi cashews**. Enjoy!



↔ CUSTOMIZED STEP 4 *If you chose Chicken*

- Finish the noodles and serve your dish as directed, using the **cooked chicken and onion** (instead of beef).