

Beef & Vegetable Lo Mein

with Furikake

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*



18 oz Ground Beef



1 lb Fresh Lo Mein Noodles¹



15 oz Baby Bok Choy



¾ lb Carrots



2 cloves Garlic



1 Tbsp Sherry Vinegar



2 Tbsps Tahini



2 Tbsps Soy Sauce



3 Tbsps Soy Glaze



3 Tbsps Savory Black Bean-Chile Sauce



1 tsp Furikake



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

¹ previously frozen

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the sauce

- Fill a large pot $\frac{3}{4}$ of the way up with 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 root ends of the **bok choy**; roughly chop.
- Peel and roughly chop **2 cloves of garlic**.
- Combine the **chopped bok choy** and **chopped garlic** in a bowl.
- In a separate bowl, whisk together the **black bean-chile sauce**, **soy glaze**, **tahini**, **soy sauce**, **vinegar**, and **1 tablespoon of water**.



2 Cook the vegetables

- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- Add the **chopped bok choy and garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



3 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 rinse under warm water 30 seconds to 1 minute to prevent sticking. Return to the pot.



4 Cook the beef

- Meanwhile, in the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef**. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt and pepper.
- Continue to cook, stirring frequently and breaking the meat apart with a spoon, 2 to 3 minutes, or until browned and cooked through.
- Turn off the heat.
- Carefully drain off and discard any excess oil.



5 Finish the noodles & serve your dish

- To the pot of **cooked noodles**, add the **cooked beef**, **cooked vegetables**, and **sauce**. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** garnished with the **furikake**. Enjoy!

