

Beef & Vegetable Lo Mein

with Sesame Seed Cashews

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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Ingredients*



18 oz Ground Beef



1 lb Fresh Lo Mein Noodles¹



1 Yellow Onion



2 Bell Peppers



15 oz Baby Bok Choy



2 Tbsps Rice Vinegar



1/3 cup Soy Glaze



3 Tbsps Savory Black Bean-Chile Sauce



3 Tbsps Roasted Cashews



1 tsp Black & White Sesame Seeds

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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 salted water. Cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Cut off and discard the root ends of the **bok choy**; thinly slice, separating the leaves and stems.
- Halve, peel, and thinly slice the **onion**.
- Roughly chop the **cashews**. Place in a bowl. Add the **sesame seeds** 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 vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers** and **sliced bok choy stems**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until slightly softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



3 Cook the beef & onion

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef** and **sliced onion**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and the beef is cooked through.
- Turn off the heat.
- Carefully drain off and discard any excess oil.



4 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.



5 Finish the noodles & serve your dish

- To the pot of **cooked noodles**, add the **cooked beef and onion**, **cooked vegetables**, **sliced bok choy leaves**, 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 **sesame seed cashews**. Enjoy!

