

READY IN:



2
PORTIONS

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Spicy Beef Noodle Stir Fry

with Peppers and Scallions

Ingredients included:



Flank Steak



Noodles



Scallions



Red Bell Pepper



Green Bell Pepper



Garlic



Chinese 5 Spice



Red Chili



Chili Sauce



Rice Vinegar



Soy Sauce



Corn Starch

STORAGE: Keep ingredients refrigerated. Best consumed by date on label.

NEEDED FROM HOME: salt, pepper, water and canola oil

FOOD SAFETY REMINDERS: Wash hands before handling food and after any interruption. Thoroughly wash fresh fruit or vegetables before cutting. Wash, rinse and sanitize all equipment before and after use.



- * Slice flank steak into ¼" strips.
- * Remove tops and bottoms from scallions and thinly slice, separating into 2 piles - 1 small and 1 large.
- * Core and julienne peppers - ⅛" strips.
- * Peel and mince garlic. Deseed and mince chili.
- * Bring 4 quarts of water and 1 teaspoon of salt to a boil.



- * Heat 1 tablespoon of canola oil in a large wok over high heat.
- * In a bowl, thoroughly mix corn starch and 5 spice together, then add beef and coat strips evenly with mixture.
- * When wok is hot, brown coated beef strips. Careful not to overcrowd wok—cook beef in batches if necessary. When browned and crispy, remove beef strips from wok and set aside on paper towels to drain.



- * Add remaining oil to wok back over high heat. Add peppers and chilis. Stir fry for 2-3 minutes.
- * Add garlic and larger pile of scallions and stir fry for 1 minute more.
- * In a bowl, mix together soy sauce, chili sauce, water and vinegar. Pour liquid mixture over peppers in wok and cook for 1 minute.
- * Add beef to wok.



- * Drop noodles in boiling water, agitating gently to prevent sticking. Boil for 30 seconds. Drain well and add to wok.
- * Stir fry all ingredients together for 1 minute more. Divide evenly between 2 bowls and garnish with remaining scallions.

Allergen Advice: Allergens in this recipe are shown in bold below

Contains: Gluten, Wheat, Soy

RECIPE AND ALLERGEN DISCLAIMER: The nutrition information contained in this recipe is based on calculated data and should be used for informational purposes only. We do not guarantee the accuracy of nutrition information since the information may change due to product formulation, recipe substitutions, portion size variation and other factors as you prepare the recipe. While we provide a list of all ingredients on your nutrition label, all of our ingredients are produced in a facility that also processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soy. Our staff are trained to follow food safety procedures in our kitchens and take steps to prevent cross-contact with other foods. However since cross-contamination may occur, we can never guarantee a dish is completely free from any allergens or specific ingredients due to product formulation change or possible alteration of the recipe. Individuals with food allergies or specific dietary concerns should speak with a member of our staff for individual assistance. **FRESH at home DOES NOT REPRESENT OR WARRANT THAT THE NUTRITION, INGREDIENT, ALLERGEN AND OTHER PRODUCT INFORMATION IS ACCURATE OR COMPLETE.**