



SPICY BEEF & BROCCOLI NOODLE BOWLS

roasted red peppers, sesame seeds

COOK TIME 20 MIN	SERVINGS 2	CALORIES PER SERVING 680	MENU FAST & FIT
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A couple of spice-filled favorites meet in one fast, flavorful dish. Gingery ground beef is stir-fried with broccoli, then simmered in a spicy-sweet tamari sauce with roasted red peppers. A tangle of delightfully chewy udon noodles gets tossed in at the end. Sprinkle on some sesame seeds and you've got a super-easy meal that will be on your table in a flash.

INGREDIENTS (10 ITEMS)

- 6 oz **Broccoli**
- 3¾ oz **Udon noodles** W
- 10 oz **Ground beef***
- 2 oz **Yellow onions & ginger**
- 1 oz **Roasted red peppers**
- 1¾ oz **Gluten-free tamari sauce** S
- 1½ tsp **Tapioca starch**
- ¾ oz **Agave**
- ½ tsp **Crushed red pepper flakes**
- 1 tsp **Black & white sesame seeds**



CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.



10 oz Organic ground beef*
Calories: 680

*Ground beef is fully cooked when internal temperature reaches 160°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

WHAT YOU'LL NEED

- large pot
- large sauté pan
- measuring cup & spoons
- strainer
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- W WHEAT
- S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 PREP

- Bring a large pot of lightly salted water to a boil.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 COOK NOODLES

- Once water is boiling, stir in **udon noodles**. Cook 6-8 minutes, or until tender, stirring occasionally. Strain **noodles**. Rinse with cold water. Shake off excess water and return to pot. Drizzle with 1 teaspoon cooking oil.* Stir to coat.

**We recommend using toasted sesame oil if you have some in your pantry.*

3 COOK BEEF

- Heat 1 teaspoon cooking oil in a large sauté pan over medium-high heat. Add **ground beef** and **yellow onions and ginger** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces. Remove from heat.
- Transfer **beef mixture** to a paper-towel-lined plate. (Carefully wipe out pan.)

🔄 Swap in **organic ground beef** for ground beef.

4 SAUTÉ BROCCOLI

- Heat 1 teaspoon cooking oil in pan used for beef over medium heat. Add **broccoli** to hot pan. Cook 3-5 minutes, or until lightly browned, stirring occasionally.* Season with salt and pepper to taste.

**If the pan seems dry while cooking, add 1-2 tablespoons water.*

5 MAKE SAUCE

- Return **beef mixture** to pan with **broccoli**.
- Add **roasted red peppers, gluten-free tamari sauce, tapioca starch, agave, crushed red pepper flakes***, and ½ cup water. Stir to combine. Cook 1-2 minutes, or until sauce is heated through and slightly thickened, stirring occasionally.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

6 ADD NOODLES

- Add **noodles** to pan with **sauce and veggies**. Stir to combine.

7 PLATE YOUR DISH

- Divide **beef and broccoli noodles** between bowls. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (376g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 9g	45%
Trans Fat 1g	
Cholesterol 95mg	32%
Sodium 1290mg	56%
Total Carbohydrate 65g	24%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 6mg	35%
Potassium 970mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef [beef], Broccoli, Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Crushed Red Pepper Flakes, Agave [organic agave syrup], Tapioca Flour [organic cassava or manioc root], Yellow Onions, Ginger [organic ginger, organic cane sugar, organic rice vinegar, citric acid], Roasted Red Peppers [bell pepper], Udon Noodles [heirloom wheat and buckwheat flour, sea salt], Black & White Sesame Seeds (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Wheat And Soy

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.