

# Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Udon Noodles  
Steak  
Peppers & Onions  
Thai Basil Peanut  
Sauce

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon noodles, reducing the **carbs per serving to 28g**. In step 4., while the steaks are resting, pat dry the zucchini noodles and add them to the empty skillet (without wiping it out). Cook on medium-high heat until they start to brown, about 2 to 3 minutes. Place directly on serving plates and top with the Thai basil beef, peppers and onions.

If you ordered the **gluten-free version**, you received rice noodles. Add the rice noodles to boiling water and cook until tender, 5-6 minutes. Drain, rinse under cold water and set aside.

## Good To Know

**Health snapshot per serving** – 730 Calories, 40g Fat, 45g Protein, 55g Carbs, 21 Smart Points

**Lighten Up snapshot per serving** - 495 Calories, 25g Fat, 37g Protein, 34g Carbs, 14 Smart Points by using ½ the sauce and udon.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Bell Peppers, Steak, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil

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## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 6 to 8 minutes, then drain.

## 3. Cook the Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the **Peppers & Onions** and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

## 4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces). Toss the strips with the **Thai Basil Peanut Sauce**.

## 5. Put It All Together

Toss the udon noodles with Thai basil beef, peppers and onions.

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**