

Mongolian Beef

A Chinese favorite, even tastier cooked up at home. With seared steak, green onions, shitake mushrooms and bok choy, it's a dream stir-fry dinner that's on the table in a heartbeat.

35 *Minutes to the Table*

35 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Saucepan
- Large Skillet
- Small Bowl
- Colander

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Seasoned Cornstarch
- Noodles
- Steak
- Shitake Mushrooms
- Bok Choy
- Tamari Sauce
- Green Onions

Make the Meal Your Own

If you are cooking the **gluten-free version**, we sent you Glass Noodles. Boil enough water to completely submerge the glass noodles, then place them in a mixing bowl large enough for them to lie flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, Drain the noodles well.

Good To Know

Health snapshot per serving – 660 Calories, 11g Fat, 42g Protein, 99g Carbs, 17 Smart Points

Lightened Up Health snapshot per serving – 515 Calories, 70g Carbs, 14 Smart Points using half the noodles.

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

INGREDIENTS: Steak, Somen Noodles, Green Onions, Bok Choy, Shitake Mushrooms, Cornstarch, Tamari, Brown Sugar, Onion, Garlic, Ginger, Crushed Red Pepper.

meez *meals*

1. Getting Organized

Bring a saucepan of water to boil. Mix 1 Tbsp of the **Seasoned Cornstarch** and 1 Tbsp of water in a small bowl and set aside for step 5. Discard the remaining seasoned cornstarch.

2. Cook the Noodles

Add the **Noodles** to the boiling water and cook for 3 minutes. Drain and rinse thoroughly with hot water, then drain again and set aside until step 6.

3. Cook the Steak

Heat 1 Tbsp of olive oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a paper towel.

Cook until the bottoms brown & sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip & continue cooking 3 min (**medium** 4 min., **well done** 5 to 6 min). Place on a cutting board to rest for 5 minutes. Do not wipe out the pan.

Once the steaks have rested, using a sharp knife, cut the steak into even strips (we aim for ¼" by 1" pieces).

4. Sauté the Vegetables

While the steaks are resting, cook the **Shitake Mushrooms** in the now empty skillet over high heat, until they soften, about 3 to 4 minutes. Add the **Bok Choy** and sauté until it starts to soften, about 1 to 2 minutes.

5. Make the Sauce

Move the veggies to the outside edge of the skillet, making a well in the middle. Pour the **Tamari Sauce** in the center and bring to a boil. Stir the Seasoned Cornstarch/water mixture into the boiling sauce and cook until sauce thickens enough to coat the back of a spoon, about 2 to 3 minutes. Add the **Green Onions** and cook for 10 seconds. Remove the skillet from the heat and add the cooked steak.

6. Put It All Together

Serve the contents of the skillet over the noodles. Enjoy!

Instructions for two servings.

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