

Mongolian Beef

A Chinese favorite, even tastier cooked up at home. With seared steak, green onions, 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
Mushrooms
Bok Choy
Tamari Sauce
Green Onions

Make the Meal Your Own

If you're making the **gluten-free version**, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

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, 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 **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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