



### In your box

- 2 Green Onions
- 2 oz. Teriyaki Glaze
- 6 oz. Broccoli Florets
- 1 Red Bell Pepper
- 3 oz. Shiitake Mushrooms
- 8 oz. Cooked Asian Noodles
- ½ oz. Toasted Sesame Oil
- 🌶️ 1 tsp. Sriracha
- 1 tsp. Multicolor Sesame Seeds

### Customize It Options

- 10 oz. Steak Strips
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger
- 8 oz. Shrimp

\*Contains: wheat, soy

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Medium Pot, Baking Sheet,  
Mixing Bowl

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



## Charred Broccoli and Shiitake Mushroom Lo Mein

with green onions

NUTRITION per serving—Calories: 389, Carbohydrates: 53g, Sugar: 13g, Fiber: 7g, Protein: 12g, Sodium: 1297mg, Fat: 15g, Saturated Fat: 2g  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**30-40 min.**

Cook Within

**7 days**

Difficulty Level

**Intermediate**

Spice Level

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions, teriyaki glaze**

## Customize It Instructions

- Meat lovers! If using a protein, cook in a medium non-stick pan with 2 tsp. **olive oil** over medium-high heat. If using **shrimp**, pat dry and season all over with a pinch of **salt** and **pepper**. Cook until shrimp reaches minimum internal temperature, 2-3 minutes per side. If using **chicken breasts**, pat dry and cut into 1" dice. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **steak strips**, separate into a single layer and pat dry. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. If using **Impossible burger**, break into smaller pieces until heated through, 5-7 minutes. Add to noodles as desired.



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem, seed, remove ribs, and slice **red bell pepper** into ¼" strips. Halve strips.
- Stem **mushrooms** and cut caps into ¼" strips. Discard stems.
- Trim and slice white portions of **green onions** into ½" pieces. Thinly slice green portions of green onions on an angle. Keep white and green portions separate.



### 2. Roast the Vegetables

- Place **broccoli, red bell pepper, mushrooms, and white portions of green onions** on prepared baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until vegetables are tender and broccoli just begins to char, 20-25 minutes.
- Rest roasted vegetables at least 5 minutes.
- While vegetables roast, make dressing.



### 3. Make the Dressing

- In a mixing bowl, combine **teriyaki glaze** (reserve 1 Tbsp. for garnish), 2 Tbsp. **water**, **sesame oil**, and **Sriracha** (to taste). Set aside.



### 4. Heat the Noodles

- Place a medium pot over medium-high heat. Add **noodles, dressing, and green portions of green onions** (reserve a pinch for garnish) to hot pot. Stir until combined and heated through, 1-2 minutes.
- Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, placing **vegetables** on **noodles** and garnishing with reserved **teriyaki glaze**, remaining green portions of green onions, and **sesame seeds**. *If desired, mix vegetables with noodles. Bon appétit!*