



#### In your box

- 🍴 ¼ tsp. Red Pepper Flakes
- 8 oz. Fully Cooked Shredded Beef
- 8 oz. Cooked Asian Noodles
- ½ tsp. Multicolor Sesame Seeds
- 3 oz. Shredded Red Cabbage
- 3 oz. Snow Peas
- .406 fl. oz. Tamari Soy Sauce
- 2 fl. oz. Orange Sauce

\*Contains: wheat, soy

#### You will need

- Olive Oil, Salt
- Mixing Bowl

#### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Fast & Fresh



## Spicy Orange Beef Noodle Bowl

with snow peas

NUTRITION per serving—Calories: 474, Carbohydrates: 69g, Sugar: 25g, Fiber: 4g, Protein: 25g, Sodium: 1676mg, Fat: 11g, 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

**15-20 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Mild**

## Before you cook

All cook times are approximate based on testing.



### 1. Make the Dish

- *If using microwave:* Thoroughly rinse any fresh produce and pat dry. Place **snow peas** and 2 Tbsp. **water** in provided tray. Cover with a damp paper towel and microwave on high, 1 minute. Carefully remove tray from microwave. Stir in **shredded beef**, **cabbage**, **orange sauce**, **soy sauce**, 2 Tbsp. **water**, and **red pepper flakes** (use less if spice-averse). Top evenly with 2 tsp. **olive oil** and ¼ tsp. **salt**. Cover tray again with a damp paper towel. Microwave until warmed through, 2-3 minutes. Carefully remove from microwave. Top with **noodles** and cover with a damp paper towel. Microwave until noodles are heated through, 2-3 minutes. Carefully remove from microwave. Stir in ¼ tsp. **salt** and 2 Tbsp. **water**. Garnish with **sesame seeds**. Bon appétit!
- *If using oven:* Preheat oven to 375 degrees. Thoroughly rinse any fresh produce and pat dry. In a mixing bowl, combine **orange sauce**, **soy sauce**, and 1 Tbsp. **water**. Combine **snow peas**, **shredded beef**, **cabbage**, and **red pepper flakes** (use less if spice-averse) in provided tray. Top with **noodles**, 2 tsp. **olive oil**, and ¼ tsp. **salt**. Pour orange-soy sauce over tray. Cover with foil. Place tray on baking sheet and bake covered in hot oven until heated through, 12-15 minutes. Carefully remove tray from oven and stir in ¼ tsp. **salt** and 2 Tbsp. **water**. Garnish with **sesame seeds**. Bon appétit!