



Garlic Sesame Beef Noodle Bowl

WITH CARROTS AND CABBAGE

Oven-Ready



Prep & Cook Time

25-35 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt
Microwave-Safe Bowl

Difficulty Level

EASY

Spice Level

NOT SPICY

Ingredients

16 oz. Ground Beef
1 tsp. Multicolor Sesame Seeds
3 oz. Matchstick Carrots
16 oz. Cooked Asian Noodles
1 tsp. Cornstarch
2 tsp. Chopped Garlic
8 fl. oz. Garlic Sesame Sauce
1 tsp. Minced Ginger
8 oz. Slaw Mix

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/21518

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

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.



1. Start the Ground Beef and Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Place **ground beef** in one provided tray and break up into small pieces. Spread into an even layer.
- In second provided tray, combine **carrots, slaw mix**, ¼ tsp. **salt**, and 2 tsp. **olive oil**. Spread into an even layer.
- Bake both trays uncovered in hot oven, 15 minutes.



2. Finish the Ground Beef and Vegetables

- Carefully remove **ground beef** tray from oven and drain excess grease. Stir in ¼ tsp. **salt, garlic, ginger, cornstarch**, and **garlic sesame sauce**.
- Bake both trays again uncovered in hot oven until **vegetables** are tender, sauce is slightly thickened, and beef reaches a minimum internal temperature of 160 degrees, 5-10 minutes.



3. Add Noodles and Finish Meal

- Combine **noodles**, 1 Tbsp. **water**, and 1 tsp. **olive oil** in a microwave-safe bowl. Cover with a damp paper towel. Microwave covered until heated through, 1-2 minutes.
- Carefully remove trays from oven and bowl from microwave. Divide **vegetables** and **beef** evenly between both trays. Divide noodles evenly between both trays and stir to combine.
- To serve, garnish with **sesame seeds**. Bon appétit!