



In your box

- 2 Green Onions
- 5 oz. Fettuccine
- 6 oz. Broccoli Florets
- 2 Garlic Cloves
- 10 oz. Ground Beef
- 3 oz. Matchstick Carrots
- 4 fl. oz. Ponzu Sauce
- 1 Tbsp. Cornstarch
- 2 tsp. Sugar
- ¼ tsp. Red Pepper Flakes



Staff Pick

Beef and Broccoli Lo Mein

with ponzu sauce

NUTRITION per serving—Calories: 756, Carbohydrates: 79g, Fat: 32g, Protein: 39g, Sodium: 1721mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level ● ○ ○
Easy

Spice Level ● ○ ○ ○
Mild

🕒 You will need

Olive Oil, Salt, Pepper

Medium Pot, Colander, Large Non-Stick Pan, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Bring a medium pot of **water** to a boil
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 11-13 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Cut **broccoli** into small bite-sized pieces.
- Trim and cut white portions of **green onions** into 1" lengths. Cut green portions thinly.
- Mince **garlic**.



3

Brown the Beef

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **ground beef** to hot pan and cook, breaking up with a spoon, until lightly browned, 2-3 minutes.
- Season with a pinch of **salt** and **pepper** and transfer to a plate. *Ground beef will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



4

Cook the Vegetables

- Return pan used to sear ground beef to medium heat and add 2 tsp. **olive oil**, **broccoli**, and **white portions of green onions** to hot pan. Stir often until lightly browned and crisp-tender, 2-3 minutes.
- Add **carrots** and **garlic** and stir constantly until aromatic, 45-60 seconds.



5

Finish the Dish

- Combine **ponzu**, **cornstarch**, and **sugar** in a mixing bowl. Add ponzu-cornstarch mixture and reserved **pasta cooking water** to pan with **vegetables**.
- Bring to a boil. Once boiling, return **pasta** and **ground beef** to pan. Stir occasionally until no pink remains in beef and sauce is thick enough to coat pasta, 2-3 minutes.
- Plate as pictured on front of card, garnishing with **green portions of green onions** and **red pepper flakes** (to taste). Bon appétit!