



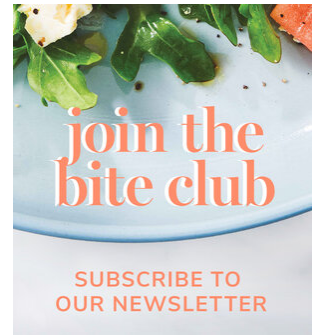
asian beef & noodle stir fry

Forget takeout. We've got a fast and fantastic Asian Beef & Noodle Stir Fry that's got all the flavour and none of the fat! Lean flank steak is marinated for 20 minutes in a sweet and savoury combination and then is stir-fried in a homemade sauce along with sugar snap peas, carrots and onions. You can put down the takeout menu and pick up the chopsticks because this stir fry is so simple to make.

SERVES 4



julie albert & lisa gnat



ingredients

6oz rice vermicelli noodles

Asian Beef

1lb sirloin or flank steak, thinly sliced across the grain
 2 tbsp soy sauce
 1 tbsp rice vinegar
 1 tsp brown sugar
 1 tsp sesame oil

Stir Fry Sauce

¼ cup chicken broth
 2 tbsp soy sauce
 1 tbsp mirin
 1 tbsp sugar
 1 tbsp sake
 2 tsp cornstarch

2 tbsp vegetable oil, divided
 2 cups sugar snap peas
 2 carrots, peeled and thinly sliced
 1 small yellow onion, halved and thinly sliced
 1 large garlic clove, minced
 1 tsp grated fresh ginger

Sesame seeds, for garnish

directions

1. To prepare the rice noodles, add to a large pot of boiling water and cook according to package directions, about 6-7 minutes, until softened. Drain and rinse under cold water. Set aside.
2. Place the sliced sirloin or flank steak in a medium bowl. Combine soy sauce, rice vinegar, brown sugar and sesame oil. Toss with sliced beef and let sit for 20 minutes.
3. For the stir fry sauce, in a small bowl, whisk chicken broth, soy sauce, mirin, sugar, sake and cornstarch. Set aside.
4. Using a wok or large skillet, heat 1 tablespoon of vegetable oil over medium-high heat. Drain marinade from beef and add beef in 2 batches, cooking 1 minute per side. Transfer to a plate and wipe out wok or skillet. Heat remaining 1 tablespoon vegetable oil over medium-high heat. Add sugar snaps, carrots and onion. Cook, stirring until they begin to soften, 3-4 minutes. Add garlic and ginger, cooking 1 minute more. Reduce heat to medium and stir in beef, noodles and stir fry sauce. Stir until everything is coated and sauce begins to bubble and thicken slightly. Garnish with sesame seeds.

“My doctor told me to stop having intimate dinners for four. Unless there are three other people.”

— ORSON WELLES

print

