

# Chinese Beef Chow Fun

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-chinese-beef-chow-fun-recipe>

## Ingredients:

- 1 1/2 tablespoons light soy sauce
- 1 1/2 teaspoons dark soy sauce
- 1 tablespoon Chinese rice wine or dry sherry
- 1/2 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 pound beef flank steak sliced 1/4-inch thick across the grain
- 8 ounces baby corn fresh
- 2 garlic cloves
- 1/2 pound hor fun fresh
- 2 tablespoons oil
- 1 tablespoon black bean sauce Chinese
- 1 tablespoon oyster sauce
- light soy sauce Optional:, to taste

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 40 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams
8. Sodium: 1980 milligrams
9. Sugar: 3 grams

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