

# Chinese Orange Beef

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 3 teaspoons grated orange zest I just zest 1 whole orange
- 1/2 cup fresh orange juice
- 1/4 cup dark brown sugar
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 teaspoons Asian chili sauce
- 2 teaspoons fresh ginger grated
- 2 teaspoons cornstarch
- vegetable oil for pan
- 1 1/2 pounds flank steak trimmed and sliced thin across grain and lightly sprinkled with salt and pepper, to clarify: that's one steak...
- 4 green onions sliced
- brown rice or hot white, for serving

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 60 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 550 milligrams
9. Sugar: 16 grams

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