

Real-Deal Beef Chow Fun (????)

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chinese-gan-chao-niu-he>

Ingredients:

- 1/2 pound beef skirt, flank, sirloin, or tenderloin
- 1 tablespoon light soy sauce *Footnote 1
- 1 tablespoon Shaoxing wine or dry sherry
- 2 teaspoons cornstarch
- 2 tablespoons Shaoxing wine or dry sherry
- 2 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon sugar
- 1 batch broccolini or 1 small head broccoli, tough ends removed and chopped into bite sized pieces, *Footnote 2, Optional
- 7 ounces noodles dried
- 3 tablespoons peanut oil or vegetable oil
- 1 tablespoon garlic minced
- 1 teaspoon ginger minced
- 1/4 white onion sliced
- 1 cup bean sprouts
- 4 green onions chopped
- 2 teaspoons sesame oil Optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 130 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams

8. Sodium: 1520 milligrams
 9. Sugar: 5 grams
 10. TransFat: 1 grams
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