

Black Pepper Steak

Yield: 2 min
Total Time: 15 min

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

Ingredients:

- 8 ounces beef tenderloin flank steak or flap meat, thinly sliced
- 2 1/2 tablespoons cooking oil
- 1 clove garlic minced
- 1 teaspoon fresh ginger grated
- 1/2 green bell pepper small, deseeded and cut into pieces
- 1/2 red bell pepper small, deseeded and cut into pieces
- 1/2 onion sliced
- 1 teaspoon freshly ground black pepper
- salt to taste
- 1 teaspoon soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon chinese rice wine or sherry
- 1/2 teaspoon cornstarch
- 1/2 teaspoon sesame oil
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 39 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 9 grams
8. Sodium: 870 milligrams
9. Sugar: 4 grams

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