

Beef & Bok Choy Stir Fry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-bok-choy-recipe-indian-style>

Ingredients:

- 1 pound flank steak or your favorite cut of beef, thinly sliced
- 1/3 cup cornstarch
- 2 tablespoons low sodium soy sauce
- 3 tablespoons vegetable oil divided
- 1 teaspoon ginger minced
- 2 cloves garlic finely minced
- 4 green onions sliced, whites & greens separated
- 4 cups bok choy whites & greens separated
- 1/2 cup low sodium beef broth or water
- 1/4 cup hoisin sauce
- 2 tablespoons low sodium soy sauce
- 2 teaspoons cornstarch
- 1 teaspoon Sriracha or to taste
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 40 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1000 milligrams
9. Sugar: 6 grams

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