

Crispy Ginger Beef

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 cup cornstarch
- 1/4 cup all purpose flour
- 1 teaspoon white pepper may sub 3/4 tsp black pepper
- 3/4 cup water
- 1 large egg
- 1 pound flank steak cut against the grain into 1/4 inch strips, about 3 inches long
- vegetable oil as needed
- 1/3 cup reduced sodium soy sauce
- 1/3 cup packed brown sugar
- 1/4 cup water
- 2 tablespoons dark soy sauce see Notes for Substitution*
- 2 tablespoons rice vinegar
- 1 teaspoon red pepper flakes
- 1 tablespoon sesame oil
- 5 cloves garlic minced
- 1 tablespoon freshly grated ginger
- 1 tablespoon sesame seeds
- 2 green onions thinly sliced

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 95 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 5 grams
8. Sodium: 1250 milligrams
9. Sugar: 13 grams

Thank you for visiting our website. Hope you enjoy Crispy Ginger Beef above. You can see more 16 chinese crispy ginger beef recipe Unleash your inner chef! to get more great cooking ideas.