

Lo Mian (Egg Noodles with Beef and Chinese Broccoli)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-broccoli-leaves>

Ingredients:

- 3 tablespoons light soy sauce
- 3 tablespoons oyster sauce
- 1 teaspoon sugar
- 1/2 pound top sirloin steak halved lengthwise and thinly sliced
- 3 tablespoons vegetable oil
- 1/2 pound Chinese broccoli
- leaves
- 1 cup unsalted chicken stock
- 1 tablespoon dark soy sauce
- 1 pound mian fresh thick egg noodles
- 1/2 teaspoon sesame oil
- ground black pepper Freshly

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 30 milligrams
4. Fat: 54 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 1880 milligrams
9. Sugar: 3 grams

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