

# Classic Beef Fried Rice - A Chinese Takeout

Yield: 5 min  
Total Time: 35 min

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

## Ingredients:

- 10 ounces flank steak cut into bite-sized pieces
- 1/4 teaspoon salt
- 1 tablespoon water
- 1 pinch baking soda optional, but good for tougher cuts of meat
- 1 teaspoon dark soy sauce mushroom flavored preferred
- 1 teaspoon cornstarch
- 1 teaspoon oil
- 1 tablespoon hot water
- 1/4 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1 1/2 tablespoons light soy sauce or regular
- 2 teaspoons dark soy sauce
- 1/2 teaspoon msg totally optional!
- ground white pepper Fresh
- 5 cups cooked rice
- 3 tablespoons canola oil divided
- 2 eggs beaten
- 1 medium onion diced
- 3/4 cup peas
- 1 scallion chopped
- 1 tablespoon Shaoxing wine

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 105 milligrams
4. Fat: 16 grams

5. Fiber: 2 grams
  6. Protein: 17 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 900 milligrams
  9. Sugar: 3 grams
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