

# Chinese Broccoli Beef Noodle Stir Fry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/gai-lan-indian-recipe>

## Ingredients:

- 3 tablespoons soy sauce
- 3 tablespoons oyster sauce
- 3 tablespoons Shaoxing wine sake or dry white wine
- 1 tablespoon sugar
- 1 tablespoon tapioca starch or cornstarch
- 1 teaspoon dark sesame oil
- 1 pound beef sirloin thinly sliced
- 10 ounces noodles dried
- 2 tablespoons vegetable oil
- 3 large garlic cloves crushed and finely chopped
- 1 1/4 cups chicken stock
- 1 pound Chinese broccoli or regular common broccoli, cut into bite-size chunks or florets
- freshly ground black pepper

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 110 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 39 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1240 milligrams
9. Sugar: 7 grams

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