

Beef Chow Mein

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-noodles-recipes>

Ingredients:

- 8 ounces Chinese egg noodles fresh thin, *, also called Hong Kong noodles; not wonton noodles
- 1/2 pound flank steak
- 1/4 teaspoon sugar
- 1/4 teaspoon sesame oil Asian
- 2 tablespoons soy sauce
- 2 tablespoons chinese rice wine preferably Shaoxing or medium-dry Sherry
- 2 tablespoons oyster sauce
- 2 teaspoons cornstarch
- 1/4 teaspoon white pepper
- 1/2 cup reduced sodium chicken broth
- 1/2 cup peanut oil
- 1 teaspoon peeled fresh ginger finely chopped
- 1 teaspoon chopped garlic finely
- 3 scallions cut into 2 1/2-inch pieces, 1 cup
- 5 ounces shiitake mushrooms fresh, stems discarded and caps quartered, 2 1/2 cups
- 6 ounces choy sum cut into 2 1/2-inch pieces, 2 1/2 cups or 1-inch-wide broccoli florets

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 20 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 11 grams
8. Sodium: 1970 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Beef Chow Mein above. You can see more 17 ground beef noodles recipes Elevate your taste buds! to get more great cooking ideas.