

Beef Chow Fun with Chinese Broccoli

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-chow-fun-recipe>

Ingredients:

- 5 1/4 ounces beef sirloin or tenderloin
- 2 tablespoons light soy sauce
- 1 tablespoon Shaoxing wine or rice wine
- 1 tablespoon cornstarch
- 1 tablespoon dark soy sauce
- 1 teaspoon sugar
- 4 cups noodle dried rice
- 2 tablespoons peanut oil or vegetable oil
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger
- 1/4 white onion
- 4 1/2 tablespoons green onion chopped
- 5 1/4 ounces Chinese broccoli tough end removed

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 95 milligrams
4. Fat: 20 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1410 milligrams
9. Sugar: 6 grams

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