

Chinese Mongolian Beef- Scallion fried beef

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-mongolian-beef-recipe>

Ingredients:

- 1/2 pound beef tenderloin
- 2 scallions sliced into sections around 3cm
- 3 green onions sliced into sections around 3cm long
- 2 dried chili pepper ; cut into slices and seeds removed, optional
- 1 inch root ginger ; peeled and cut into shreds
- 1 egg middle size, only egg white needed
- 1/2 teaspoon salt
- 1 teaspoon light soy sauce
- 1/2 tablespoon oyster sauce
- 1 tablespoon cooking wine
- 1 teaspoon black pepper powder
- 1 teaspoon starch corn starch
- 1 teaspoon sesame oil
- 2 tablespoons cooking wine
- 1 teaspoon dark soy sauce
- 1/2 teaspoon sugar
- 1 tablespoon water
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 90 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 620 milligrams
 9. Sugar: 1 grams
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