

Mongolian Beef

Yield: 4 min
Total Time: 22 min

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

Ingredients:

- 500 grams beef , sirloin fillet, eye fillet, flank, trimmed and sliced
- 1 teaspoon bicarbonate of soda
- 2 tablespoons cornstarch
- 4 tablespoons oil
- 2 cloves garlic peeled and smashed
- 4 slices fresh ginger
- 1/4 cup soy sauce
- 1/4 cup water
- 1/4 cup brown sugar
- 5 sticks green onion cut into two inch batons
- 2 teaspoons cornstarch
- 1 tablespoon cold water
- 3 drops sesame oil

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 85 milligrams
4. Fat: 33 grams
5. Protein: 25 grams
6. SaturatedFat: 9 grams
7. Sodium: 1300 milligrams
8. Sugar: 9 grams
9. TransFat: 1.5 grams

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