

Chinese Sizzling Beef

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound flank steak or sirloin steak, thinly sliced across the grain
- 1 tablespoon soy sauce low sodium
- 1/2 teaspoon baking soda
- 1 tablespoon cornstarch
- 2 tablespoons oyster sauce
- 2 tablespoons Chinese cooking wine Shaoxing wine
- 2 tablespoons soy sauce
- 3 tablespoons honey
- 2 tablespoons water
- 1 teaspoon black pepper crushed
- 2 tablespoons vegetable oil
- 3 cloves garlic roughly chopped
- 2 inches ginger piece, peeled and julienned
- 3 green onions cut into 3 inch pieces

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 4 grams
8. Sodium: 1140 milligrams
9. Sugar: 14 grams

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