

# Chinese Chow Fun Noodles With Beef

Yield: 3 min  
Total Time: 35 min

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

## Ingredients:

- beef To Marinate the
- 3/4 pound beef sirloin or, if you want to splurge tenderloin - cut, diagonal to the grain, into 1/2-inch slices.
- 2 tablespoons potato starch
- 1 teaspoon white sugar
- 1/2 teaspoon kosher salt
- 8 ounces dried rice noodles I recommend using 1/4 inch or 1/2 inch wide noodles
- 6 tablespoons vegetable oil such as canola
- 1 onion medium, peeled and sliced thin
- 1/2 red bell pepper seeded and sliced thin
- sauce
- 3 tablespoons dark soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon white sugar

## Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 50 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 5 grams
8. Sodium: 1680 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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