



Beef and Snow Peas with Panfried Noodles

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 pound flank steak thinly sliced
- ☐ 2 tablespoons ginger minced peeled
- ☐ 9 ounces soup noodles dried fresh chinese-style (or 8 ounces noodles)
- ☐ 2 tablespoons oyster sauce
- ☐ 3 spring onion finely chopped
- ☐ 0.5 pound snow peas trimmed
- ☐ 0.5 tablespoon soya sauce

- ☐ 0.5 teaspoon sugar
- ☐ 5.5 tablespoons vegetable oil divided
- ☐ 0.5 cup water

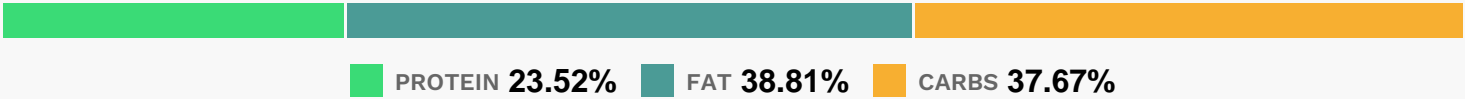
Equipment

- ☐ frying pan
- ☐ wok
- ☐ spatula
- ☐ colander
- ☐ cutting board

Directions

- ☐ Cook noodles according to package directions, then drain in a colander.
- ☐ Stir together oyster sauce, soy sauce, sugar, cornstarch, and water until smooth.
- ☐ Heat 1 tablespoon oil in a 10-inch nonstick skillet over medium-high heat until hot.
- ☐ Add noodles to skillet, pressing them with a rubber spatula to form a cake, and cook until underside is golden, 2 to 3 minutes. Flip cake over and drizzle 1 tablespoon oil around sides of cake, then cook until underside is golden, 2 to 3 minutes.
- ☐ Transfer noodle cake to a cutting board and cut into quarters.
- ☐ Heat 1/2 tablespoon oil in a wok or 12-inch heavy skillet over medium-high heat until it begins to smoke. Stir-fry snow peas with a pinch of salt until bright green, 1 to 2 minutes, then transfer to a plate.
- ☐ Add 2 tablespoons oil to wok and stir-fry scallions and ginger with 1/4 teaspoon salt 30 seconds.
- ☐ Add half of beef and cook, undisturbed, 45 seconds, then stir-fry until beef is just browned, 1 to 2 minutes more.
- ☐ Transfer to plate with snow peas.
- ☐ Add remaining tablespoon oil and cook remaining beef in same manner.
- ☐ Stir sauce mixture again, then add to wok and bring to a boil. Stir in beef and snow peas, then serve spooned on top of noodle cake.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:19.73, Inflammation Score:-7, Nutrition Score:26.845217290132%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 598.48kcal (29.92%), Fat: 25.52g (39.26%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 55.71g (18.57%), Net Carbohydrates: 51.84g (18.85%), Sugar: 4.78g (5.31%), Cholesterol: 68.04mg (22.68%), Sodium: 441.05mg (19.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.59%), Selenium: 74.69µg (106.69%), Vitamin K: 68.62µg (65.35%), Vitamin B6: 0.88mg (44.22%), Vitamin B3: 8.78mg (43.9%), Vitamin C: 35.9mg (43.51%), Phosphorus: 389.23mg (38.92%), Manganese: 0.77mg (38.74%), Zinc: 5.46mg (36.43%), Iron: 3.99mg (22.15%), Potassium: 691.36mg (19.75%), Magnesium: 77.25mg (19.31%), Vitamin B12: 1.07µg (17.81%), Copper: 0.35mg (17.44%), Fiber: 3.87g (15.49%), Vitamin B1: 0.23mg (15.48%), Vitamin E: 2.21mg (14.72%), Folate: 57.94µg (14.48%), Vitamin B5: 1.44mg (14.38%), Vitamin A: 706.05IU (14.12%), Vitamin B2: 0.24mg (13.95%), Calcium: 72.87mg (7.29%)