



WHATSheATE

Beef Chow Mein



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz broccoli florets cut into 2 1/2-inch pieces (2 1/2 cups) or 1-inch-wide broccoli florets
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons rice wine chinese (preferably Shaoxing)
- ☐ 8 oz egg noodles fresh chinese thin (also called Hong Kong noodles; not wonton noodles)
- ☐ 0.5 lb flank steak
- ☐ 1 teaspoon ginger fresh peeled finely chopped
- ☐ 2.5 cups mushroom caps fresh quartered
- ☐ 1 teaspoon garlic finely chopped

- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons oyster sauce
- ☐ 3 spring onion cut into 2 1/2-inch pieces (1 cup)
- ☐ 0.3 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 teaspoon sugar
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 teaspoon pepper white

Equipment

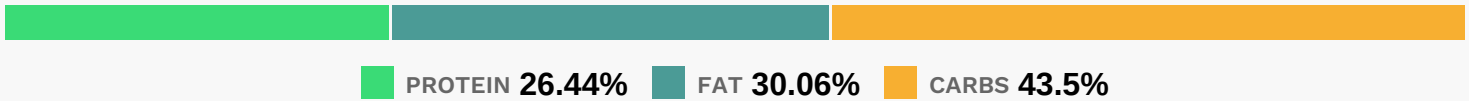
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ aluminum foil
- ☐ wok
- ☐ spatula
- ☐ tongs
- ☐ colander

Directions

- ☐ Bring 8 cups unsalted water to a boil in a 6- to 8-quart pot, then add noodles, stirring to separate, and cook 15 seconds.
- ☐ Drain in a colander and rinse under cold water until noodles are cool, then shake colander briskly to drain excess water.
- ☐ Cut steak with the grain into 1 1/2- to 2-inch-wide strips.
- ☐ Cut each strip across the grain into 1/4-inch-thick slices and put in a medium bowl. Using your hands, toss beef with sugar, sesame oil, 1 tablespoon soy sauce, 1 tablespoon rice wine, 1 tablespoon oyster sauce, and 1 teaspoon cornstarch.
- ☐ Let beef marinate at room temperature while preparing remaining ingredients.

- ☐ Stir together remaining 1 tablespoon soy sauce, 1 tablespoon rice wine, 1 tablespoon oyster sauce, and 1 teaspoon cornstarch with 1/4 teaspoon white pepper in a small bowl until smooth, then stir in chicken broth.
- ☐ Heat wok over high heat until a drop of water evaporates within 1 to 2 seconds of contact, then add 1/2 cup peanut oil and heat until just smoking. Carefully add noodles all at once, flattening top to form a 9-inch cake. Cook until underside is golden, 4 to 5 minutes, rotating noodle cake with a metal spatula to brown evenly and lifting edges occasionally to check color. Carefully flip noodle cake over with spatula and tongs, then cook, rotating cake, until other side is golden, 2 to 3 minutes more.
- ☐ Transfer noodle cake to a large paper-towel-lined plate to drain excess oil. Discard any oil remaining in wok and wipe out wok with paper towels.
- ☐ Transfer drained noodle cake to a platter and loosely cover with foil to keep warm.
- ☐ Heat wok over high heat until a drop of water evaporates within 1 to 2 seconds of contact.
- ☐ Pour 1 tablespoon peanut oil down side of wok, then swirl oil, tilting wok to coat sides.
- ☐ Add beef, spreading pieces in 1 layer on bottom and sides as quickly as possible. Cook, undisturbed, letting beef begin to brown, 1 minute, then stir-fry until meat is just browned on all sides but still pink in center, about 1 minute.
- ☐ Transfer meat and any juices to a plate.
- ☐ Add 1 tablespoon oil to wok over high heat. When oil just begins to smoke, add ginger and garlic and stir-fry 5 seconds, then add scallions and stir-fry 30 seconds.
- ☐ Add mushrooms and stir-fry until softened, about 3 minutes.
- ☐ Add choy sum and stir-fry until leaves are bright green and just wilted, 2 to 3 minutes (if using broccoli, cook until almost crisp-tender). Stir broth mixture, then pour into wok and stir-fry until sauce is slightly thickened, about 2 minutes.
- ☐ Add beef and stir to coat. Return mixture just to a boil, then pour over noodle cake.
- ☐ *Available at Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:23.536521953085%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 321.24kcal (16.06%), Fat: 10.76g (16.55%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 28.84g (10.49%), Sugar: 5.32g (5.91%), Cholesterol: 34.02mg (11.34%), Sodium: 912.36mg (39.67%), Alcohol: 1.21g (100%), Alcohol %: 0.39% (100%), Protein: 21.28g (42.56%), Vitamin K: 72.75µg (69.29%), Vitamin B3: 10.23mg (51.14%), Vitamin C: 39.92mg (48.39%), Vitamin B6: 0.87mg (43.47%), Selenium: 26.61µg (38.02%), Phosphorus: 328.78mg (32.88%), Vitamin B5: 2.77mg (27.67%), Vitamin B2: 0.46mg (27.27%), Zinc: 3.93mg (26.17%), Manganese: 0.5mg (25.2%), Fiber: 6.17g (24.69%), Potassium: 838.35mg (23.95%), Iron: 3.37mg (18.72%), Copper: 0.32mg (15.82%), Folate: 61.34µg (15.34%), Magnesium: 56.7mg (14.18%), Vitamin B12: 0.58µg (9.71%), Vitamin A: 354.72IU (7.09%), Vitamin B1: 0.1mg (7%), Vitamin E: 1mg (6.65%), Calcium: 49.22mg (4.92%), Vitamin D: 0.56µg (3.77%)