



## Beef with Broccoli Teriyaki and Ramen Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 cups broccoli florets (from 2 to 3 heads)
- ☐ 0.3 cup chicken broth
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger finely chopped (one)
- ☐ 4 green onions plus more for garnish, optional thinly sliced
- ☐ 6 ounce japanese ramen noodles

- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 4 servings sesame seed toasted for garnish
- ☐ 1 pound skirt steak boneless
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons teriyaki sauce such as kikkoman
- ☐ 5 tablespoons plus 1 teaspoon vegetable oil

## Equipment

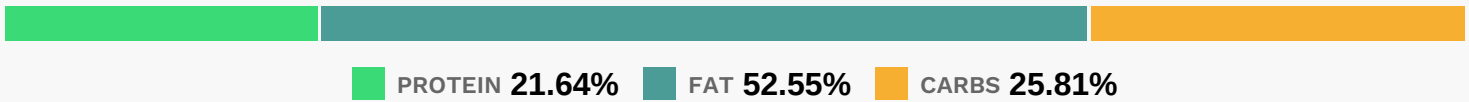
- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ measuring cup
- ☐ slotted spoon

## Directions

- ☐ Cover the noodles with hot water in a large bowl and place a small plate on top to keep them submerged; set aside to soak for 5 minutes.
- ☐ Drain the noodles well and set aside. Discard the flavor pouches or reserve for another use.
- ☐ Cut the beef crosswise into 2- to 3-inch pieces and then rotate a quarter turn and slice thinly lengthwise across the grain, about 1/4-inch thick.
- ☐ Stir together the chicken broth, teriyaki sauce, cornstarch, sugar and sesame oil in a small bowl or measuring cup and set aside.
- ☐ Heat 1 tablespoon of the vegetable oil in a wok or a large nonstick skillet over high heat until lightly smoking.
- ☐ Add half of the beef and cook, stirring once, until brown on the outside and still juicy on the inside, 1 to 2 minutes.
- ☐ Remove with a slotted spoon to a large bowl. Repeat with an additional 1 tablespoon vegetable oil and the remaining beef.
- ☐ Heat 1 tablespoon vegetable oil in the same skillet over high heat.

- ☐ Add the broccoli and cook, stirring frequently, until the broccoli just starts to soften, about 1 minute. Reduce the heat to medium and push the broccoli to the side.
- ☐ Add 1 teaspoon vegetable oil, the ginger and garlic and cook, stirring, until fragrant, about 30 seconds.
- ☐ Add 1/4 cup water to the skillet and cook, stirring occasionally, until mostly evaporated, about 1 minute. Stir the chicken broth mixture briefly and add it to the skillet. Bring to a boil and cook, stirring occasionally, until thickened, about 1 minute.
- ☐ Add the beef and stir to coat.
- ☐ Transfer the beef to a large serving platter, leaving room for the noodles.
- ☐ Wipe out the skillet and heat the remaining 2 tablespoons vegetable oil over medium-high heat.
- ☐ Add the ramen noodles and green onions and cook, stirring frequently, until heated through, about 1 minute.
- ☐ Transfer to the serving platter and garnish with additional green onions if desired.
- ☐ Garnish the beef with toasted sesame seeds and serve.
- ☐ Cook's Note: If you have extra time and want to cut your skirt steak very thinly, cut the steak into 4 pieces and freeze for 30 minutes before slicing. Cook until just seared and still juicy inside, about 1 minute per batch.

## Nutrition Facts



## Properties

Glycemic Index:65.27, Glycemic Load:14.83, Inflammation Score:-8, Nutrition Score:35.439565606739%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

## Nutrients (% of daily need)

Calories: 619.16kcal (30.96%), Fat: 36.94g (56.84%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 36.12g (13.13%), Sugar: 5.53g (6.15%), Cholesterol: 71.73mg (23.91%), Sodium: 1545.68mg (67.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.44%), Vitamin K: 153.15µg

(145.86%), Vitamin C: 84.27mg (102.14%), Zinc: 8.76mg (58.39%), Selenium: 34.84µg (49.77%), Vitamin B3: 9.41mg (47.04%), Vitamin B1: 0.65mg (43.45%), Vitamin B12: 2.52µg (42.08%), Vitamin B6: 0.8mg (40.06%), Manganese: 0.76mg (37.99%), Vitamin B2: 0.63mg (37.06%), Phosphorus: 365.22mg (36.52%), Iron: 6mg (33.33%), Folate: 125.56µg (31.39%), Copper: 0.58mg (28.77%), Magnesium: 93.98mg (23.5%), Potassium: 813.71mg (23.25%), Vitamin E: 2.96mg (19.74%), Fiber: 4.7g (18.8%), Calcium: 156.44mg (15.64%), Vitamin A: 701.94IU (14.04%), Vitamin B5: 1.35mg (13.53%)