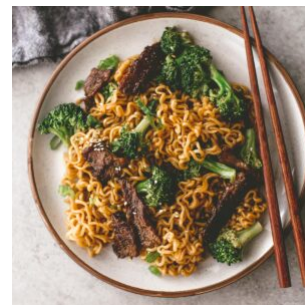


Beef and Broccoli Ramen Stir Fry

This fast and easy stir-fry takes less than 30 minutes and is as satisfying as any takeout noodle dish. Customize it however you like, using different vegetables or substituting tofu or chicken for the steak.



☆☆☆☆☆
0 from 0 votes

| | | |
|-----------|-----------|------------|
| Prep Time | Cook Time | Total Time |
| 15 mins | 15 mins | 30 mins |

Course: Pasta / Noodles Cuisine: Asian

Keyword: 30-minute meal, easy noodle recipe, fakeout takeout Servings: 4

Calories: 449kcal Author: Jess Smith via Inquiring Chef Cost: \$11.00

Equipment

- Wok
- Small Mixing Bowl
- Microwave Safe Bowl

Ingredients

Sauce:

- 1/4 cup Low Sodium Soy Sauce
- 1 Tbsp Cornstarch
- 1/3 cup Water
- 1 Tbsp Rice Vinegar
- 2 Tbsp Brown Sugar (light or dark)
- 1 tsp Toasted Sesame Oil
- 3 cloves Garlic, chopped

Stir-Fry:

- 1 lb Skirt or Hanger Steak
- 10 oz Broccoli Florets (see note)
- 6 oz Ramen Noodles (Instant Ramen works well here, but discard the seasoning packets before preparing)
- 2 Tbsp Cooking Oil, divided
- 2 Green Onions, chopped (optional)
- 1 Tbsp White Sesame Seeds, for garnish (optional)

Instructions

1. Transfer steak to the freezer for 10 minutes (cold steak is easier to slice).
2. If using frozen broccoli, defrost it in the microwave. If using fresh broccoli, put it in a microwave-safe bowl with 2 Tbsp of water. Cover with paper towels and microwave on high until nearly tender, ~3 minutes.
3. Heat a pot or bowl of water in the microwave or on the stove until steaming. Add noodles and let them soak until just tender. (Check the package instructions for the recommended

timing, but reduce it by about a minute since the noodles will continue to cook in the stir-fry.) Drain.

4. In a small bowl, make sauce by whisking together soy sauce and cornstarch until no lumps remain. Add water, rice vinegar, brown sugar, toasted sesame oil, and garlic. Set aside.
5. Remove the steak from the freezer and cut it into thin slices against the grain (position your knife in the opposite direction of the natural lines that run through the meat). Season the steak with some salt and pepper.
6. Heat a wok or large skillet over medium-high heat. Add 1 Tablespoon of oil and then steak. Sauté until steak is just cooked through and golden brown, 4 to 5 minutes.
7. Add broccoli and sauce to steak and cook until sauce thickens, ~2 minutes.
8. Add noodles and toss everything to coat.
9. Serve stir-fry with green onions and sesame seeds on top.

Notes

Broccoli - Look for fresh or frozen broccoli that is already chopped into florets. I like to use the steam-in-bag broccoli and just follow the instructions on the bag to steam it before preparing the stir-fry.

Nutrition

Calories: 449kcal | Carbohydrates: 42g | Protein: 32g | Fat: 17g | Saturated Fat: 7g | Cholesterol: 71mg | Sodium: 1500mg | Potassium: 695mg | Fiber: 3g | Sugar: 8g | Vitamin A: 501IU | Vitamin C: 65mg | Calcium: 88mg | Iron: 5mg