

Beef Noodle Stir Fry



INGREDIENTS:

7 ounces refrigerated udon noodles (or any noodle you have on hand)

1 tablespoon olive oil

8 ounces beef top sirloin filet, thinly sliced across the grain

8 ounces cremini mushrooms, sliced

6 ounces broccoli florets

2 carrots, diced

SAUCE INGREDIENTS:

1/3 cup reduced sodium soy sauce

3 tablespoons oyster sauce

1 tablespoon brown sugar, packed

1 tablespoon freshly grated ginger

2 cloves garlic, pressed

1 teaspoon sesame oil

1/4 teaspoon crushed red pepper flakes

DIRECTIONS:

1. Whisk together soy sauce, oyster sauce, brown sugar, ginger, garlic, sesame oil, red pepper flake and ground pepper in small bowl. Set aside.
2. Fill a large pot with water; set to boil. Cook udon noodles as directed on packaging.
3. Heat olive oil in a large skillet over medium-high heat.
4. Add beef and cook until browned on one side, 3-4 minutes. Flip over, and cook other side until browned, 3-4 minutes. Remove from skillet and set aside.
5. Add mushrooms, broccoli and carrots to the skillet. Cook 3-4 minutes, until tender and stirring frequently. Stir in noodles, beef, and soy sauce mixture until well combined.
6. Serve immediately. Enjoy!

Source: damndelicious.com



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