



Asian Beef Noodles

All for the Beef

Prep 15 mins

Cook 5 mins

Yields 4 servings



Shopping List



Beef stir fry strips
Soy sauce
Beef broth
Lime juice
Cornstarch
Liquid honey
Fresh ginger
Garlic cloves
Vegetable oil
Broccoli
Mushrooms
Sweet red pepper
Green onions

Ingredients

½ cup (75 mL) sodium-reduced soy sauce
½ cup (75 mL) beef broth
2 tbsp (30 mL) fresh lime juice
1 tbsp (15 mL) cornstarch
1 tbsp (15 mL) liquid honey
2 tsp (10 mL) minced fresh ginger
2 tsp (10 mL) minced cloves garlic
¾ lb (350 g) beef stir-fry strips
1 tbsp (15 mL) vegetable oil
1 cup (250 mL) broccoli florets and sliced mushrooms
½ sweet red pepper, seeded and thinly sliced
2 green onions, sliced on diagonal

Instructions

1. Whisk together soy sauce, beef broth, lime juice, cornstarch, honey, ginger and garlic in large bowl. Add beef strips, tossing to coat. Marinate for 15 to 30 minutes.
2. Heat half of oil over medium-high heat in large deep non-stick skillet. Drain beef, reserving marinade; add beef to skillet and cook, stirring until browned but still pink inside, about 3 to 4 minutes. Remove beef and set aside.
3. Add remaining oil, broccoli, mushrooms and red pepper; stir-fry for 2 minutes. Add 3 tbsp (45 mL) water; cover and steam vegetables until tender-crisp, about 3 minutes. Return beef to pan; add reserved marinade and heat until thickened, about 2 minutes. Sprinkle with green onions and serve over pasta.



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Serve stir-fry recipe over whole wheat spaghetti or rice noodles. For 4 servings, cook 6 oz (175 g) pasta while the meat marinates.

Good source of iron (23% DV) and excellent source of zinc (53% DV).

Nutrition Facts

per serving (without noodles)

Amount	
Calories	204
Protein	23 g
Fat	7 g
Carbohydrate	13 g
Sodium	926 mg

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/asian-beef-noodles/>