

## Chinese Stir-Fried Flank Steak

<http://userealbutter.com/2008/04/10/chinese-stir-fried-beef-recipe/>

- 1 lb. flank steak (can be frozen for an hour for easier slicing)
- 3 cloves garlic, roughly chopped
- 3 stalks green onion, cut into 1-inch pieces
- 3 tbsps soy sauce
- 1 tbsp sesame oil
- 2 tsps cornstarch
- 2 tbsps vegetable oil

Slice flank steak on the diagonal against the grain into thin pieces. In a bowl, mix the flank steak, soy sauce, sesame oil, and cornstarch together until beef is well coated. Heat the vegetable oil in a sauté pan on high heat. Toss in the garlic and green onion and stir-fry until fragrant. Add the beef and stir-fry constantly to ensure even cooking of the beef. When the beef is cooked with hints of pink, remove from heat. Serve on a bed of cooked greens (bok choy, broccoli, spinach, kale, etc.).