

## Stir-fried Beef Noodles

<http://userealbutter.com/2008/10/14/chinese-stir-fried-beef-noodles-recipe/>

8 oz. dried Chinese egg noodles  
vegetable oil (a few tbsps to 1/2 cup)

1/2 cup snow peas, trimmed  
1 head broccoli, florets of  
1/2 cup straw mushrooms or shitakes  
1/2 cup baby corn  
1/2 cup bamboo shoot strips  
salt to taste

1/2 lb. flank steak  
2 stalks green onions, trimmed and sliced  
3 cloves garlic, sliced  
4 tbsps soy sauce (or more if you want more sauce)  
2-3 tbsps sesame oil  
1-2 tbsps corn starch

Boil the Chinese noodles according to the package instructions. Drain the noodles and set aside. Heat the vegetable oil in a large frying pan or wok. If you want slightly fried noodles, then just use a few tablespoons of oil. If you want crispy fried noodles, use up to 1/2 cup. Add the noodles to the hot oil and let fry until golden or just crisp. Flip the noodles over to fry the other side to desired doneness. Remove noodles from the pan and set on plate. Slice the flank steak against the grain at an angle. Mix the flank steak slices with soy sauce, sesame oil, and cornstarch. Set aside. In the frying pan, heat remaining oil (you want about 1-2 tablespoons) and sauté the snow peas and broccoli until they turn a rich green color. Add the mushrooms, corn, and bamboo shoots and continue to sauté, seasoning with a little salt to taste. Remove the vegetables to bowl and set aside. In the same pan, heat a tablespoon of vegetable oil and add the garlic and green onions. Sauté until fragrant and add the beef. Stir-fry until the meat is pink and add the vegetables. When the meat is just done, pour the mixture over the noodles and serve hot.