

Stir-fried Fresh Rice Noodles with Beef

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from *Chinese Soul Food* by Hsiao-Ching Chou

1/2 lb. flank steak, sliced thin against the grain
4 tbsps soy sauce, divided
1 tsp cornstarch
2 tbsps vegetable oil, divided
1 lb. fresh rice noodles, pre-sliced and separated
4 cups gai lan (Chinese broccoli), cut into bite-size pieces
1 cup mung bean sprouts
1 cup water
1-2 tbsps hoisin sauce

Place the beef, 2 tablespoons of soy sauce, and the cornstarch in a bowl and mix together. Set aside. Preheat a wok or large sauté pan over high heat. Add a tablespoon of vegetable oil and continue heating until it begins to ripple. Spread the beef out and allow to sear for a minute before stir frying. When the beef is almost done, remove it from the heat and transfer to a bowl. Wipe the wok with a paper towel. Add the last tablespoon of vegetable oil to your wok or pan over high heat. When the oil is hot, add the gai lan and the bean sprouts, sautéing for a minute. Stir the water, 2 tablespoons of soy sauce, and hoisin sauce into the pan. Add the noodles, stir-frying until softened and coated with the sauce (~2-3 minutes). Stir in the beef. Serve immediately. Serves 4.