

Spicy Shanghai Steak And Noodle Stir-Fry

Take a night off from take-out with beef stir fry. Sliced Flat Iron Steak, marinated in a spicy sauce and tossed with sweet, earthy broccolini and rice noodles.



INGREDIENTS

- 1 pound beef Flat Iron Steaks
- 1/2 cup prepared Szechuan stir-fry sauce, divided
- 8 ounces uncooked rice noodles
- 4 teaspoons vegetable oil
- 12 ounces broccolini, cut into 2-inch pieces (about 5 cups)
- 3 tablespoons water
- 1/4 cup chopped fresh cilantro or mint

35 Min 4 42 Cal 27g
Servings Protein

COOKING

1. Cut beef Flat Iron Steaks crosswise into 1/4-inch thick strips. Combine beef and 3 tablespoons stir-fry sauce in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Prepare noodles according to package directions for stir-fry; rinse and drain. Set aside.
3. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add broccolini; stir-fry 4 to 6 minutes or until florets begin to brown. Add water; reduce heat. Cover and simmer 2 to 3 minutes or until crisp-tender. Remove from skillet.
4. Increase heat to medium-high. Heat 1 teaspoon oil in same skillet until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining teaspoon oil and beef. Return broccolini and beef to skillet. Stir in noodles and remaining stir-fry sauce; cook and stir 1 to 3 minutes or until heated through. Stir in cilantro.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		17g	71mg		58g	27g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com