

Stir-Fry Beef & Spinach With Noodles

A flavorful marinade gives Sirloin Tip Steak strips a wonderful Asian kick. Noodles, spinach and water chestnuts round out the full meal.



INGREDIENTS

1 beef Top Sirloin Steak Boneless, about 1 pound, cut 1 inch thick

6 ounces thin spaghetti

1 package (10 ounces) fresh spinach, stems removed, thinly sliced

1 can (8 ounces) sliced water chestnuts, drained

1/4 cup sliced green onions

2 tablespoons chopped red chili peppers

1/4 cup hoisin sauce

2 tablespoons reduced-sodium soy sauce

1 tablespoon water

2 teaspoons dark sesame oil

2 teaspoons minced garlic

1/4 teaspoon crushed red pepper

35 Min

4
Servings

42 Cal

32g
Protein

COOKING

1. Stack beef Top Sirloin Steaks; cut lengthwise in half and then crosswise into 1-inch wide strips. Combine marinade ingredients; add beef, tossing to coat. Cover and marinate in refrigerator 10 minutes.

2. Meanwhile, cook pasta according to package directions; keep warm.

3. Remove beef from marinade; reserve marinade. Heat large nonstick wok or skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove from skillet with slotted spoon; keep warm. Repeat with remaining beef.

4. In same skillet, combine pasta, spinach, water chestnuts, green onions and reserved marinade; cook until spinach is wilted and mixture is heated through, stirring occasionally. Return beef to skillet; mix lightly.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|------------------|-----------------|------------------|----------------|---------------|-------------------|----------------|---|---|
| 4 | | 8g | 75mg | | 46g | 32g | 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