

Beef Yaka Mein

Unique to New Orleans, this dish combines the best of Cajun and Chinese flavors with a tender cut of beef stacked on top of noodles in a flavorful broth.

INGREDIENTS

1 beef Ribeye Cap Steak (about 1 pound)
 4 teaspoons Creole Seasoning, divided
 1 tablespoon vegetable oil
 1/2 cup sliced green onion
 1/2 cup sliced celery
 1/2 cup sliced shallots
 2 tablespoons thinly sliced garlic
 1 quart beef broth
 2 cups cooked angel hair pasta
 4 hard-cooked eggs, peeled and halved
 Hot pepper sauce, Creole Seasoning, fresh chopped mint leaves (optional)



45 Min



4
Servings



42 Cal



33g
Protein

COOKING

- Heat large nonstick skillet over medium heat until hot. Season beef Ribeye Cap Steak with 2 teaspoons Creole Seasoning. Place steak in skillet; cook 17 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from skillet; Let rest 10 minutes.
- Meanwhile, heat oil in large stock pot until hot. Add onion, celery, shallot, garlic and remaining 2 teaspoons Creole Seasoning. Cook 4 to 5 minutes until all vegetables are translucent. Add stock; bring to a boil. Add pasta; cook 2 to 3 minutes until pasta is hot.
- Carve steak into thin slices. Divide soup between 4 bowls; top with steak. Place 2 egg halves in each bowl. Garnish with hot pepper sauce, creole seasoning and mint leaves, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		22.2g	245mg		27g	33g	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.

