



FARMERS MARKET

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Beef and Broccoli Noodle Bowls

Serves 4

- 1 lb. top sirloin steak
- 1 lb. broccoli
- 2 bunches green onions, about 10 (scallions)
- 1 8-ounce can water chestnuts, either whole or sliced (I like to slice them myself)
- 2 Tbsp vegetable oil (possibly a little more)

Sauce

- 3 Tbsp cornstarch
- 1 1/2 cups beef broth
- 1/2 cup sherry
- 6 Tbsp Tamari soy sauce
- 3 Tbsp brown sugar
- 2 Tbsp Sriracha or chili sauce, optional
- 3 cloves garlic, minced
- 2 Tbsp fresh minced ginger

Noodles

- 9.5 oz package of udon or ramen noodles

Put the steak in the freezer for an hour so it will be easier to slice very thinly.

Whisk together the sauce ingredients in a small bowl and set aside.

Trim the ends of the stems from the broccoli. Cut it into bite sized pieces. I chop the stems, too. Trim and slice the green onions into 1-inch pieces, white and green parts.

Slice the cold steak into 1/8-inch slices, cutting against the grain.

Heat a tablespoon of the oil in a wok or large sauté pan over high heat. When the oil is very hot, brown the beef, working in batches. I let the first side cook, undisturbed, for about a minute, then flip and cook just until there is no more pink. That way you'll get some nice color for extra flavor. Note: don't do all the meat at once, or it won't brown. Add more oil as needed. Remove the beef to a plate.

In the same pan heat the remaining oil and stir fry the broccoli for about 5 minutes until it is bright green and crisp tender. I will sometimes add a splash of water and cover the wok for a minute or so to get the broccoli a little more tender. Stir in the green onions and remove all to a plate.

Whisk the sauce well and add to the same pan. Bring to a boil, stirring constantly, until it darkens and turns glossy and thick.

Add the meat and veggies back into the sauce and combine well. Heat everything through.

Cook the noodles according to the package instructions. Divide the noodles between 4 bowls. Top with the stir fry, and garnish with sesame seeds.

Credit: theviewfromgreatisland.com