



## **Easy Chinese Steak Stir Fry**

*Prep ahead and cook in 15 minutes*

- 2 Tablespoons avocado oil
  - 1 pound sirloin or flank steak, cut into 2 to 3-inch strips
  - 1 cup matchstick carrots
  - 1 red bell pepper; cut into strips
  - 1 (3 ounce) package oyster mushrooms, trimmed, sliced
  - 1-1/4 cups broccoli florets
  - 1/4 cup sliced green onions
  - 2 cloves garlic, minced
  - 2 Tablespoon soy sauce
  - 1 teaspoon light brown sugar
  - 1 teaspoon fish sauce
  - 2 teaspoons chili crisp or 1 tsp. sriracha
  - 1 Tablespoon sesame oil
- Serve with: 4 ounces Ramen noodles, cooked or other Chinese noodles, optional  
Garnish: As desired, chopped cilantro, lightly toasted sesame seeds

**Cook the Steak:** In a stir-fry wok or large skillet, heat oil over medium high heat. Add beef; cook until browned, about 4 minutes.

**Cook the Vegetables:** Move steak to the side of pan or remove; set aside. Add carrots, bell pepper strips, and oyster mushrooms to the wok. Cook for about 3 minutes; push to the sides of pan; add broccoli and green onions; cook for about 2 to 3 minutes; add garlic; cook for an additional 30 seconds.

**Add a Sauce:** Stir in soy sauce, brown sugar, and fish sauce. Stir meat and vegetables together; cook to desired tenderness. Stir in chili crisp or sriracha and sesame oil as desired.

**To Serve:** Cook Chinese noodles according to package directions until tender. Place noodles around the stir fry. Garnish with chopped cilantro and sprinkle with toasted sesame seeds. Yield: Serves: 4

**Cook's Note:** Add or substitute your favorite vegetables and noodles are an optional ingredient. Also, it's fun to make some pot stickers or egg rolls with Asian dipping sauce. You can usually buy these at a local supermarket.

**Recipe Inspired by:** Christy Denney, cookbook *Scrumptious* published by Shadow Mountain, 2021. Also, *Sunset* magazine, January 2012,

**About the Recipe:** Ring in the year of the Tiger with a tasty Asian stir-fry, filled with chili sauced steak, crisp-tender vegetables, and Asian mushrooms. Add some Chinese noodles, some chopped cilantro, and a sprinkle of sesame seeds to create a tasty supper to welcome the New Year.