

flank steak stir fry with vegetables chow mein Serves 6

Ingredients:

Flank steak ;sliced	560g
Balsamic vinegar	60ml
Low sodium soy sauce	15ml
Oyster sauce	30ml
Garlic cloves, grated	2
Fresh ginger roots,sliced	2 tsp
Extra virgin olive oil	2 tsp
Dion mustard	1 tsp
Cremini mushrooms	170g
Red onion small, cut into wedges	1
Zucchini, sliced	1
Red pepper, quartered	1
Chinese greens gai lan	3 cups
Red peppers large size	1
Chicken broth	450 ml
Corn starch(mixed with water)	1 tsp
Egg noodles	454g

Method:

1. Cut flank steak against the grain into thin slices . Place in a bag
2. In a small bowl, whisk together vinegar, soy sauce, oyster sauce, oil and mustard .Reserve 2 TBSP and pour remaining mixture into the bag to marinade the steak for an hour .
3. Place egg noodles in boiling water and let cook for 1 minute. Drain and reserve to use.

Canada food guide

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Registered Dietitian:

Beef is rich in protein, zinc and vitamin B12, provides heme iron.



4.Heat up wok or large frying pan, place 2 TBSP cooking oil ; put in ginger, garlic, cook for ½ minute, put in beef, stir fry for about 3 minutes. Remove from wok.

5. Heat up frying pan and place 2 TBSP cooking oil, please drain noodles in and spread out evenly to fry for about 2 minutes, flip over and cook for another 2 minutes. Remove from pan and place on large plate.

6. Cook vegetables and gai lan in the pan; stir fry for 2 minutes, add in beef, and reserved marinade, cook for 1 minute. Add corn starch mixture a nd served over cooked noodles