



GARLIC BEEF & BROCCOLI LO MEIN

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I like this recipe because it has a quick preparation time and I can improvise the ingredients with whatever I have. I also love the flavor. My family loves this recipe.

DIRECTIONS:

INGREDIENTS:

8 Ounces Lo Mein Noodles or noodle of your choice

3 Cups Broccoli or Mixed Vegetable (I use whatever frozen vegetables I have)

8 Ounces Flank Steak or Pork Tenderloin - sliced (I do not have any meat available I make it a vegetable dish)

3 Garlic Cloves Minced

1 Medium Carrot shredded

1/4 Cup Packed Brown Sugar

1/4 Cup Soy Sauce

2 Tablespoons Hoisen Sauce

2-4 Teaspoons Sesame Oil (I like the flavor so I add the 4 Teaspoons)

1/4 Teaspoon Ground Ginger

1/4 Teaspoon Crushed Red Pepper (add accordingly to how spicy you would like it)

1/4 Teaspoon Pepper

1-2 Tablespoons of Honey (optional)

1. In a large pot with boiling water, cook the noodles according to package directions. If using frozen vegetables cook according to package directions in microwave ** I cook them a little less than directions because you add them to the dish and they cook a little more - this way they stay crisper. If using fresh broccoli you will add the last 5 minutes of cooking.
2. Add olive oil to medium size skillet. Cook the steak/pork until no longer pink. Add garlic, carrots and cook for a minute more.
3. In a small bowl whisk together the brown sugar, soy sauce, hoisin sauce, sesame oil, ginger, red pepper and pepper.
4. Add the spaghetti to the skillet and pour the sauce on top and mix together. **I like this recipe if it sits a little bit and absorbs into the noodles more. I always double the recipe**.