averagebetty™

Betty #18: You Gotta Beefy Noodle?
Can't we all just get along?

Ingredients:

¾ cup julienned carrots
½ cup diced sweet brown onion
1/3 cup chopped green onion (aka spring onion)
3 cloves minced garlic
3 cups coarsely chopped green cabbage (or bok choy, napa - whatever you like)
1 ½ cups chopped grilled steak
10 oz. dry linguine noodles
2 eggs
½ cup low sodium soy sauce
1 tbsp butter
1 tbsp or more to taste Sriracha
black pepper to taste
sesame seeds to taste
canola oil for cooking

Directions:

1. Boil noodles and rinse thoroughly with cold water. Set aside.
2. Cut top sirloin or similar steak into thin(ish) strips. Season with a small amount of olive oil, black pepper, cayenne pepper and dash of salt.
3. Grill steak over high heat. About 3-4 minutes total (about medium-rare). Remove from heat and wrap in aluminum foil. Set aside. (Don't worry if you like your steak more well-done - it will continue to cook in the foil and when added to the noodles.)
4. When steak has cooled, slice into bite sized chunky chunks. Set aside.
5. Scramble 2 eggs in 1 tsp. canola oil. Add a few cracks of black pepper to eggs. Cook till slightly browned. Remove from pan.
6. Saute onion, carrots and green onion in 1 tsp. canola oil. Season with black pepper. Remove from pan.
7. Heat 1 tbsp. canola oil in pan. Add noodles to medium-hot saute pan.
8. Stir-fry noodles for several minutes allowing noodles to de-glaze (decoat) all the flavorful bits of onion/egg.
9. Sprinkle with low-sodium soy sauce, 1 tbsp. butter and toss. Add a dose of Sriracha and keep tossing.
10. Incorporate fresh cabbage.

11. Add back the egg, sauteed vegetables and minced garlic.
12. Add chopped grilled steak. Finish with a dash of soy sauce.
13. Toss, toss, toss.

Serve with steamed broccoli and a sprinkle of sesame seeds!

This dish can be made without steak, or you can substitute with chicken, pork or shrimp.
This recipe serves four. Double it for great leftovers!

For easiest clean-up, use the same pot to boil the noodles, scramble eggs, saute veggies and
stir-fry noodles. A one pot meal? Now that's a novel idea...