



Beef and shiitake chow mein Free Recipe 10042025

Description

Recipe

Beef and shiitake chow mein

Toss together flash-fried sirloin strips, crunchy veg and ginger with a quick oyster and soy sauce dressing for a delicious chow mein.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 150g/5½oz beansprouts 3 spring onions, trimmed and shredded lengthways 100g/3½oz mangetout 100g/3½oz shiitake mushrooms, sliced 3 garlic cloves, chopped 15g/½oz fresh root ginger, peeled and grated or finely chopped 2 spring onions, finely sliced on the diagonal (to serve) Tins, packets and jars 1 tbsp oyster sauce 250g/9oz dried egg noodles (4 nests) 1 tbsp oyster sauce Cooking ingredients 1 tbsp cornflour generous pinch ground white pepper 125ml/4fl oz sunflower oil or vegetable oil, plus 1 tbsp ½ tsp sugar 3 tbsp soy sauce pinch ground white pepper Meat, fish and poultry 400g/14oz sirloin steak, fat removed

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Category

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Tags

1. Healthy
2. white pepper
3. generous pinch ground white pepper
4. Nut-free
5. beansprouts
6. oyster
7. Pregnancy-friendly
8. cloves
9. dried egg noodles
10. Beef and shiitake chow mein
11. fresh root ginger
12. egg noodles
13. Beef
14. root ginger
15. chopped
16. Chow Mein
17. sunflower oil
18. mangetout
19. garlic cloves
20. ginger
21. bean
22. vegetable oil
23. mushrooms
24. sprouts
25. soy sauce
26. ground white pepper
27. oyster sauce
28. shiitake mushrooms
29. sugar
30. shiitake
31. noodles
32. sauce
33. onions
34. soy
35. spring onions
36. spring
37. pepper
38. sirloin steak
39. Dairy-free
40. cornflour
41. pinch ground white pepper

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admin