

DINNER
TONIGHT

FAMILY
FRIDAY



MINUTES

GAME PLAN

WHILE NOODLES COOK

Cook steak.
Make soy sauce
mixture for steak.

WHILE STEAK RESTS

Cook vegetable
mixture.
Finish noodle
mixture.

mongolian beef and vegetables

This takeout favorite is typically laden with beef and coated with a sticky-sweet sauce. Our makeover makes crisp-tender snow peas, broccoli, and carrots the star, with seared flank steak as the supporting player. We also balanced the blend of brown sugar, soy sauce, and sesame oil in the sauce. Add a sliced red chile or a good pinch of crushed red pepper for a spicy sauce.

- 12 oz. flank steak, thinly sliced
- 1 Tbsp. cornstarch
- 3 Tbsp. light brown sugar
- 3 Tbsp. water
- 3 Tbsp. reduced-sodium soy sauce
- 2 tsp. canola oil, divided
- 2 tsp. toasted sesame oil, divided

- 4 cups broccoli florets
- 1/2 cup thinly sliced white onion
- 1/2 cup sliced carrot
- 1 cup snow peas, halved diagonally
- 1 Tbsp. minced fresh garlic
- 2 tsp. grated peeled fresh ginger

1. Place steak and cornstarch in a bowl; toss to coat. Combine sugar, 3 tablespoons water, and soy sauce in a bowl, stirring with a whisk until smooth.
2. Heat a large skillet over high. Add 1 teaspoon canola oil and 1 teaspoon sesame oil; swirl to coat. Add steak to pan in a single layer; cook 5 minutes or until done, stirring occasionally. Remove steak from pan; keep warm.

3. Reduce heat to medium-high. Add remaining 1 teaspoon canola oil and remaining 1 teaspoon sesame oil to pan. Add broccoli, onion, and carrot; cook 5 minutes, stirring frequently. Add snow peas, garlic, and ginger; cook 1 minute. Add steak and soy sauce mixture to pan; bring to a boil, scraping pan to loosen browned bits. Serve immediately.

👉 SERVES 4 (serving size: about 1 cup)
CALORIES 258, **FAT** 9.7g (sat 2.3g, mono 4.2g, poly 2g), **PROTEIN** 22g, **CARB** 21g, **FIBER** 3g, **SUGARS** 12g (est. added sugars 10g), **CHOL** 53mg, **IRON** 3mg, **SODIUM** 513mg, **CALC** 82mg

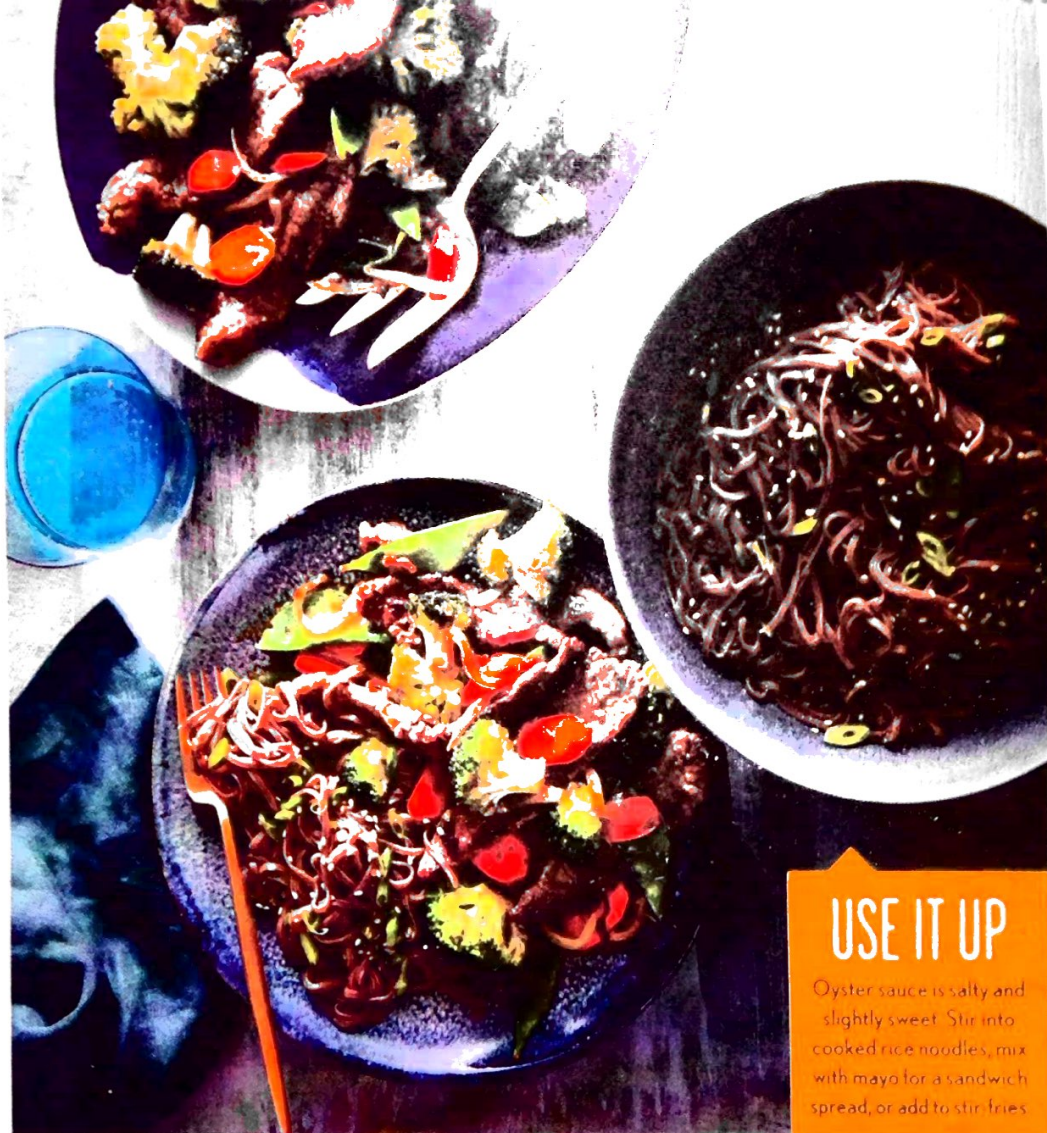
SERVE WITH SESAME SOBA NOODLES

Soba noodles are made of buckwheat flour and have a toasty, nutty flavor. You can sub whole-wheat linguine if you can't find them.

- 6 oz. uncooked soba noodles
- 1 1/2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. rice vinegar
- 2 tsp. toasted sesame oil
- 2 tsp. hoisin sauce
- 1/4 cup thinly sliced green onions
- 2 tsp. toasted sesame seeds

1. Prepare soba noodles according to package directions. Drain; rinse under cold water. Drain.
2. Combine soy sauce, vinegar, oil, and hoisin sauce in a large bowl, stirring with a whisk. Add noodles; toss. Sprinkle with green onions and sesame seeds.

👉 SERVES 4 (serving size: 1 cup)
CALORIES 196, **FAT** 3g (sat 0.5g, mono 1.3g, poly 1.4g), **PROTEIN** 9g, **CARB** 36g, **FIBER** 1g, **SUGARS** 1g (est. added sugars 1g), **CHOL** 0mg, **IRON** 1mg, **SODIUM** 355mg, **CALC** 13mg



USE IT UP

Oyster sauce is salty and slightly sweet. Stir into cooked rice noodles, mix with mayo for a sandwich spread, or add to stir-fries.