



Asian Steak and Noodle Bowl

Oscar · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

4 hrs 59 mins

Description

A delicious combination of Asian flavors infused in lean meat vegetables and Japanese noodles So comforting you wont even know this was lowfat

Ingredients

— - ½ cup low-sodium soy sauce - ? cup vegetable oil - ? cup brown sugar - 1 tablespoon minced ginger - ½ teaspoon garlic powder - 2 pounds flank steak - 1 (10 ounce) package dried Japanese udon noodles - 6 ounces snow peas - 1 cup broccoli florets - 1 tablespoon mirin (Japanese sweet wine)

Instructions

1. Whisk soy sauce
2. vegetable oil
3. brown sugar
4. ginger
5. and garlic powder together in a large bowl. Pierce flank steak several times with a large fork. Place in the bowl and cover with plastic wrap. Let marinate in the refrigerator
6. at least 4 hours and up to overnight. Bring a large pot of salted water to a boil. Cook udon noodles in boiling water
7. stirring occasionally
8. until tender yet firm to the bite
9. 13 to 14 minutes. Drain. Heat a large skillet over high heat. Remove steak from marinade and cook until well-browned
10. about 2 minutes per side. Reserve marinade. Preheat grill for medium heat and lightly oil the grate. Grill steak
11. basting with half of the reserved marinade
12. until internal temperature reaches 140 degrees F (60 degrees C) for medium or 150 degrees F (65 degrees C) for medium-well
13. at least 10 minutes per side. Slice steak thinly against the grain. Combine remaining marinade
14. snow peas
15. broccoli florets
16. and mirin in the skillet. Cook and stir over medium-high heat until snow peas are tender
17. about 2 minutes. Add drained noodles; mix well to combine. Divide noodle mixture among large bowls. Top with steak slices. Cook's Note: Flank steak is best when served medium or medium-well. Medium-rare will be too tough to chew.