



## Flank Steak + Cauliflower Noodle Stir Fry

A healthy swap to Costco's fresh cauliflower noodles and doubling the meat and vegetables take this meal bursting with flavor from treat to complete. The keys to successful stir fries are 1) Preparation: have everything ready before you cook; and 2) Wok: nonstick or well-seasoned traditional. The thin, high sides of a wok cook faster and more evenly than a skillet. Serves 6-8.

### Ingredients:

2 lb flank steak, sliced thin across the grain 2 ½ tsp kosher salt (or 2 tsp Morton's) ½ tsp ground black pepper 4 T soy sauce 2 T mirin or Chinese rice wine ½ tsp red pepper flakes 1 ½ cups beef stock or broth 3 T cornstarch 16 oz. fresh cauliflower noodles (Costco)	Peanut or avocado oil for frying 1T ginger, grated 1T garlic, grated 2 heads broccoli, cut into florets 1 red bell pepper, sliced into ¼" strips ½ red onion or 4 scallions, sliced thin 1 T sesame oil
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### Method:

- Slice the flank steak and put into a stainless steel bowl. Season with kosher salt, black pepper, soy sauce, wine and red pepper. Marinate at room temperature for 15 minutes.
- Meanwhile, boil the cauliflower noodles for two minutes in salted water, drain, rinse and hold in a bowl of cold water (if using spaghetti or rice noodles, undercook a minute or two).
- Whisk beef broth and cornstarch together and set aside.
- Heat the wok on medium high until smoking. Add 2 T oil. Add broccoli, sprinkle with salt, stir, and let sit for three minutes so it can blacken in places.
- Add bell pepper and onions, stir, and let blacken for another three minutes. Toss again and check to see if the broccoli is cooked to crisp-tender; if not cook a little longer.
- Move vegetables to a bowl or plate.
- Add 1 T oil to the wok. Add ginger and garlic and let sizzle for 10 seconds.
- Add flank steak mixture with all the marinade, stir and let sit for three minutes. Stir and cook until just a bit of pink remains. Add stock/ cornstarch mixture and cook until you have a thick gravy, 1-2 minutes.
- Add sesame oil and stir through. Add cooked veggies and well-drained noodles back to wok, toss and heat through, 1-2 minutes.