

The Kreuzer Kitchen

MISO★ Steak and Veggies*

Ingredients

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| <ul style="list-style-type: none">➤ 1.5-2 lbs. Steak*-4 healthy portions➤ Grape seed oil➤ Garlic Powder-to season steak➤ Onion Powder-to season steak➤ Pepper-to season steak➤ 5.2oz of light sweet Miso Paste*➤ Yellow Bell Pepper-thinly sliced➤ Orange Bell Pepper-thinly sliced➤ Onion-thinly sliced➤ 4 Garlic Cloves-minced➤ 2 Tbsp. Corn flour | <ul style="list-style-type: none">➤ 8-10oz Egg Noodles*➤ 2-4 Tbsp. of water➤ 1.5 inch knob Ginger-minced/grated➤ 10 Tbsp. Chicken broth➤ 8 Tbsp. Low Sodium Soy Sauce➤ 2 Tbsp. Sesame Oil➤ Handful of fresh Cilantro- chopped➤ 2 Shallots-minced➤ Scallions, Sesame Seeds, red pepper flakes for garnish (optional) |
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Directions★

- Slice steak into thin slices. Season all over with garlic powder, onion powder, and sprinkle with pepper. Place into gallon size plastic re-sealable bag. Squeeze out entire packed of miso paste and shake bag to coat all over. Place in refrigerator over night.*
- On cooking day cook Egg Noodles according to instructions. Once cooked drain them quickly place in cold water until no longer hot to touch. Drain water and set aside.
- In a small bowl mix 2 Tbsp. of corn flour with 2 Tbsp. of water. Mix until a smooth paste forms. May need to add a little more water to get correct consistency.
- In another small bowl mix together ginger, garlic gloves, Chicken Broth, soy sauce, and sesame oil. Add sauce to corn flour paste and mix well.
- Oil skillet and heat. Once Skillet is hot make sure enough oil in pan and cook steak for about 1 minute on each side until cooked then remove from pan.*
- Add another Tbsp. of Oil to pan and quickly fry up Onion and Bell Peppers for 2-5 minutes. After a couple minutes sprinkle about 2-4 Tbsp. of the sauce over veggies. Don't add too much to avoid steaming. Want veggies to be a little crunchy. Remove from pan.
- Add oil if needed and add Shallot to skillet. Cook for a minute or 2. Add noodles, veggies, and steak back to skillet. Pour sauce all over and mix

TIPS & TRICKS*

- For this recipe it is recommended that you use a large size cast iron skillet or a large wok. There are Lots of yummy ingredients to combine at the end, so you want to make sure you have a large enough skillet to fit everything.
- For the Steak, I have made this recipe many times using various types of meat. It is truly your choice. I have used Flank Steak and Ribeyes, I have also used them in combo. When using Flank I do cut my slices a little thicker this may require added cooking time in skillet.
- In my blog I have uploaded some pictures of Miso Paste I have used. Be sure to check it out. Depending on the quantity of meat it is always good to have some extra miso on hand just in case. You want to make sure the steak gets coated well for the favor to be extra delicious!
- This entire recipe can be made as a 100% gluten free meal. Tip: When cooking noodles, especially for GF version make sure to under cook them when boiling and let them finish cooking when all ingredients are combined in a skillet. This will decrease the chance of getting a soggy noodle, especially for GF noodles. Don't like egg noodles? This would be yummy with rice noodles too!
- Don't want to let your meat marinate all night? At least put it in the refrigerator for 1 hour and go ahead and prep all your ingredients. Chop your veggies and make the sauce!
- The hardest part of the recipe is cooking the steak. Generously pour oil into your skillet and once hot add a manageable amount of steak. Remove once cooked and add another batch. This requires doing a couple of batches, go slow and don't burn yourself! Make sure you have enough oil. Also, like stated earlier, the thicker your meat slices will require longer cooking time. I cook my meat and do not flip until I get some crispy grill marks. It is ok if the meat is pink in the middle when removing since we will combine all ingredients at the end and finish cooking!