

RECIPE

# Steak Teriyaki Noodle Bowl



Ready in **60 minutes**

Serves **4 people**

## You Will Need:

- 1 lb. flank steak; fat trimmed
- 1 ½ cups low-sodium soy sauce
- 4 garlic cloves; minced
- 2 tbl. Fresh ginger; minced
- 2 tbl. Sesame oil
- 2 tbl. EVOO
- 1 c. brown sugar
- 1 pkg. Rice noodles, cooked by package instructions (I suggest the spaghetti rice noodles)
- 1 head of broccoli; chopped
- ½ yellow onion; sliced
- 1 yellow summer squash; chopped
- 1 cup baby portabella mushrooms; cut into fourths
- Green onion and white sesame seeds; for garnish
- Optional: 1 tbl. Sriracha

## Preparation:

1. **First; make the marinade.** Add 1 cup low-sodium soy sauce. Mix in ½ cup of brown sugar. Whisk together until sugar is dissolved. Add in 1 tbl. Sesame oil, ½ of minced garlic and ½ of ginger. Whisk together. In a separate bowl, add remaining soy sauce, brown sugar, ginger, garlic, and optional Sriracha. Whisk together and set aside for later.
2. **Next, marinate the meat.** In a large freezer bag, add your flank steak and your first soy sauce mixture. Seal bag

completely, letting all air out. Mix marinade in bag until completely covered. Set aside and let marinate for 30 minutes, mixing again at the halfway point. \*Note: If you have time and remember to do so, you can marinate the meat for an hour which will enhance the flavor.

vegetables or change up the meat. Add more or less spice- whatever fits your taste!

3. **Make your noodles.** While the meat is marinating, make your noodles according to package instructions. Drain, and set aside. \*Note: You can add a little bit of sesame oil and toss the noodles to prevent them from getting too sticky.
4. **Add all vegetables to a large bowl,** adding salt to taste.
5. **Over medium-high heat,** add about 1 tbl. Of EVOO. Sear Meat on both sides, until a nice crust is formed on both sides. Cook just slightly under desired temperature. Ex: if you like your steak done medium, cook to medium-rare. It will cook a bit more once added to the noodle mix. Remove from heat and allow steak to rest.
6. **In a large wok or fry pan,** add 1 tbl. EVOO. Over medium-high heat, add vegetables. Stir to mix in oil, and let cook until onion becomes fragrant. Add in noodles and meat. Toss and let noodles begin to slightly crisp. Continue to toss while adding remaining sauce so it covers completely. Remove from heat and garnish with sliced green onions and sesame seeds.

## Tips

This is just a base for something that is super easy to make your own. Add different