

# Beef Pad See Ew Noodles

*with Chinese Broccoli & Birdseye Chilis*

Pad See Ew (literally: “stir-fried soy sauce”) is a popular Thai and Lao noodle dish. It typically uses Chinese broccoli, a dark leafy green vegetable that has a stronger and slightly more bitter flavor than the common broccoli. Combined with slightly sweet mirin and spicy birdseye chilis, this quick and flavorful dish is a winner.



## Ingredients

- 8 Ounces Chinese Broccoli
- 8 Ounces Flank Steak
- 2 Birdseye Chilis
- 2 Cloves Garlic
- 1 Bunch Mint
- 1-Inch Piece Ginger
- 1 Lime
- 6 Ounces Rice Noodles
- 2 Tablespoons Hoisin Sauce
- 2 Tablespoons Mirin
- 2 Tablespoons Soy Sauce
- 2 Teaspoons Sesame Oil

Makes 2 Servings

About 515 Calories Per Serving



# Instructions



1

## Prepare your ingredients:

Heat a medium pot of water to boiling on high. Wash and dry the fresh produce. Cut the Chinese broccoli into bite-sized pieces. Peel and mince the garlic and ginger. Pick the mint leaves off the stems. Cut the lime into wedges. Thinly slice the beef.



2

## Cook the noodles:

Once the water boils, remove the pot from the heat and completely submerge the **noodles** in the water. Let stand for 3 to 6 minutes, or until tender. Drain and rinse with cold water.



3

## Stir-fry the beef:

In a medium pan, heat some olive oil on high until hot. Add the beef and cook 1 minute, or until somewhat browned but still slightly pink. Add the **birdseye chilis**, **garlic**, and **ginger**. Season with salt and pepper. Cook for 30 seconds, or until fragrant, stirring frequently.



4

## Add the Chinese broccoli & sauces:

Add the **Chinese broccoli**. Cook 1 minute, or until bright green and slightly wilted, stirring frequently. Stir in the **noodles**, **mirin**, **soy sauce**, **sesame oil**, and **half the hoisin sauce**; cook 3 to 5 minutes, or until the noodles are warmed through and the liquid has reduced slightly in volume.



5

## Plate your dish:

Divide the beef and noodle mixture between 2 plates. Garnish with the **mint**, **lime wedges**, and the **remaining hoisin sauce**. Enjoy!