



Just Recipes.

Peanut Soba with Stir-Fried Beef and Broccoli

A flavorful stir-fry showcasing juicy beef strips, nutritious broccoli and nutty, earthy soba noodles.

Ingredients

Serves 4

3/4 lb [340 g] flank steak, cut across the grain into thin strips
3 tbsp + 2 tsp [45 ml + 10 ml] soy sauce
1 medium navel orange
1 1½-inch [3.75-cm] piece ginger, peeled and sliced
1 large clove garlic, peeled
¼ cup [60 ml] creamy peanut butter
1 tbsp [15 ml] oyster sauce
8 oz [225 g] soba noodles
3 tbsp [45 ml] chopped fresh mint
3 tbsp [45 ml] canola or peanut oil
10 oz [285 g] 1-inch [2.5-cm] broccoli florets (about 4½ cups)

To serve

Crushed peanuts
Thinly sliced hot red pepper



Method

Bring a medium pot of well-salted water to a boil. Toss the beef with 2 tsp [10 ml] soy sauce and ½ tsp [2.5 ml] salt.

Finely grate the orange zest and then juice the orange. Put the ginger and garlic in a food processor and pulse until minced. Transfer all but 1 tsp [5 ml] of the mixture to a small ramekin. Add the peanut butter, zest, 2 tbsp [30 ml] of the juice, and 2 tbsp [30 ml] of the soy sauce to the food processor. Process until smooth, adding 1 to 2 tbsp [30 ml] water so the mixture loosens a bit.

In a small bowl, mix 2 tbsp [30 ml] of the remaining orange juice with the oyster sauce, the remaining 1 tbsp [15 ml] soy sauce, and 2 tbsp [30 ml] water.

Cook the soba noodles in the boiling water, stirring occasionally, until just tender, about 5 minutes. Drain well. Transfer the noodles to a large bowl and toss with the peanut butter mixture and half of the mint.

Meanwhile, in a large skillet, heat 1½ tbsp of the oil with the minced garlic and ginger over medium-high heat until sizzling. Add the beef and cook, stirring, until it just loses its raw color, 1½ to 2 minutes. Transfer to a large plate. Reduce the heat to medium, add the remaining 1½ tbsp oil to the skillet, and then the broccoli. Cook, stirring, until browned in places, 1 to 2 minutes. Add the oyster sauce mixture, cover, and cook until the broccoli is crisp-tender, about 2 minutes. Return the beef and its juices to the pan and cook, stirring, until heated through, about 1 minute.

To serve, portion the noodles among 4 plates and top with the beef and broccoli. Sprinkle with the remaining mint, crushed peanuts, sliced red pepper (if desired) and serve.

Recipe Credit: Tony Rosenfeld, Fine Cooking Magazine

Photo Credit: Marie Asselin

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