

Quick Chinese Noodle Stir-fry

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Ingredients

1 lb. pork tenderloin OR ↓
1 lb. sirloin steak OR ↓
1 lb. boned, skinned chicken breasts
2-4 cloves garlic – minced
1 Tbls. minced fresh ginger OR 1 tsp. ground ginger
2-4 Tbls. sesame oil
1 med. green OR red bell pepper – seeded, sliced thin
1 med. carrot – julienne
1 med. onion – sliced thin
8 oz. can sliced water chestnuts – drained
8 oz. fresh OR frozen snow pea pods
8 oz. fresh mushrooms – sliced
8 oz. fresh OR canned bean sprouts
1 pkg. Chinese stir-fry noodles – prepared as directed

Directions

Trim fat from meat and slice meat thinly.

In a hot wok, stir-fry meat, garlic, and ginger in sesame oil for 3 minutes.

Add remaining ingredients, except noodles, and stir-fry until vegetables have reached desired tenderness and most of the liquid has evaporated.

Stir in noodles and serve.