

Beef & Bok Choy Lo Mein



Makes:

6 servings, as a main course

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
7 Qt./6.6 L Wok with Cover

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Contributed By:

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Recipe Description:

Lo mein is a popular tossed soft noodle dish traditionally made with a wheat based egg noodle. Beef and Bok Choy Lo Mein is a variation of just one of the many possibilities for a delicious and nutritious meal.

16
ounces
Lo Mein noodles
(454
g)
1 1/2
pounds
flank steak or skirt steak, trimmed and cut into thin strips on the
diagonal
(680
g)

1
tablespoon
natural soy sauce, low-sodium
(15
mL)

1
cup
sweet onions, strung, use Cone #2
(160
g)

2
cups
celery, stems and leaves, strung, use Cone #2
(202
g)

2
cups
bok Choy, washed and sliced into thin strips
(140
g)

2
tablespoons
ginger, shredded, use Cone #1
(17
g)

2
tablespoons
garlic, shredded, use Cone #1
(17
g)

1
bunch
scallions, sliced thin, green and white part
¹/₄

cup
natural soy sauce, low-sodium
(60
mL)
¹/₂

cup
chicken or beef stock, low-sodium
(120
mL)

1
teaspoon
toasted sesame oil
(5
mL)

Directions:

1. Fill roaster three-fourths full with water and insert culinary basket in roaster. Turn temperature to medium-high heat and bring water to a boil.
2. Place noodles in boiling water and cook according to package directions. When noodles are done, turn off heat. Attach handles and carefully lift culinary basket from water. Drain and rinse noodles with cool water. Pour out excess water from roaster and place culinary basket with cooking noodles back in roaster and set aside.
3. In a small bowl, toss together sliced skirt steak with soy sauce to season.
4. Preheat wok over medium heat. When several drops of water sprinkled in wok skitter and dissipate, add seasoned steak and stir-fry for 2 - 4 minutes, tossing occasionally during cooking until browned. Remove steak and set aside.
5. Add onions and stir-fry for 1 - 2 minutes, tossing to cook evenly.
6. Add celery and stir-fry for 1 - 2 minutes, tossing during cooking.
7. Add bok Choy and continue stir-frying for 2 minutes.
8. Add ginger, garlic, scallions and steak. Stir-fry for an additional 1 - 2 minutes.
9. In a small bowl, mix soy sauce, stock and sesame oil. Add to stir-fry.
10. Place noodles in wok and gently toss all ingredients to combine until heated through.
11. Serve immediately.

Tips:

- Substitute steak for chicken or ground pork.
- Add in additional vegetables: carrots, sugar snap peas or peppers.
- Substitute Lo Mein noodles for thin rice noodles or egg noodles.

Nutritional Information per Serving

Calories:

546

Total Fat:

16g

Saturated Fat:

6g

Cholesterol:

68mg

Sodium:

1222mg

Total Carbs:

66g

Dietary Fiber:

4g

Sugar:

5g

Protein:

35g