

[Jump to Recipe](#) · [Print Recipe](#)

Looking to add some excitement to your dinner table? Look no further than this mouthwatering Beef Chow Mein recipe! With tender beef, crunchy vegetables, and savory noodles coated in a delicious sauce, this dish is sure to become a family favorite. Easy to make and bursting with flavor, it's perfect for busy weeknights or casual gatherings with friends.

Ingredients:

Chow Mein:

- 200g chow mein noodles (or other thin yellow egg noodles or 3 ramen cakes)
- 1 1/2 tbsp canola oil
- 2 garlic cloves, finely minced
- 200g beef mince / ground beef (any fat %)
- 3 green onion stems, cut into 5cm/2" lengths, white and green parts separated
- 1 egg
- 2 cups green cabbage, finely sliced (or Chinese cabbage)
- 1 carrot, peeled, cut into thin batons
- 1 heaped cup bean sprouts

Chow Mein Sauce:

- 1 1/2 tbsp light soy sauce or all-purpose soy sauce
- 1 1/2 tsp dark soy sauce
- 1 1/2 tbsp oyster sauce
- 1 1/2 tbsp Chinese cooking wine (Shaoxing)
- 1 1/2 tsp white sugar
- Pinch white pepper

Sauce Thickener:

- 1 1/2 tsp cornflour / cornstarch
- 3 tbsp water

□ Detailed Ingredients:**Chow Mein:**

- 200g chow mein noodles (or other thin yellow egg noodles or 3 ramen cakes)
- 1 1/2 tbsp canola oil
- 2 garlic cloves, finely minced
- 200g beef mince / ground beef (any fat %)
- 3 green onion stems, cut into 5cm/2" lengths, white and green parts separated
- 1 egg
- 2 cups green cabbage, finely sliced (or Chinese cabbage)
- 1 carrot, peeled, cut into thin batons
- 1 heaped cup bean sprouts

Chow Mein Sauce:

- 1 1/2 tbsp light soy sauce or all-purpose soy sauce
- 1 1/2 tsp dark soy sauce
- 1 1/2 tbsp oyster sauce
- 1 1/2 tbsp Chinese cooking wine (Shaoxing)
- 1 1/2 tsp white sugar
- Pinch white pepper

Sauce Thickener:

- 1 1/2 tsp cornflour / cornstarch
- 3 tbsp water



Beef Chow Mein

Instructions:

- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Total Time: 30 minutes
- Servings: 4 servings

1. Sauce Preparation:

- Mix all sauce ingredients in a small bowl and set aside. Some is used to flavor the beef, and the rest is for the noodles.

1. Sauce Thickener (Cornflour Slurry):

- Mix the cornflour / cornstarch and water in a separate small bowl.

1. **Noodles Preparation:**

- Prepare noodles according to packet directions, then drain.

1. **Cooking Beef:**

- Heat the oil in a large non-stick pan over high heat. Cook garlic for 10 seconds, then add the beef and cook until no longer pink. Add 1 1/2 tablespoons of the sauce and the white part of the green onions. Cook for another 2 minutes until the beef is nicely caramelized.

1. **Finishing Sauce:**

- Mix the cornflour slurry into the remaining sauce.

1. **Cooking Egg:**

- Add the egg into the pan and mix it through the beef until scrambled. This helps the beef stick to the noodles.

1. **Adding Vegetables:**

- When the egg is mostly cooked, add the carrot and cabbage. Cook for 1 minute until cabbage starts to wilt.

1. **Sauce and Noodles:**

- Give the sauce a quick mix. Add the bean sprouts, noodles, and sauce into the pan. Toss well for 1 minute or until the sauce is dispersed through the noodles. Add the green part of the green onions and toss for another minute.

1. **Serving:**

- Divide between bowls and serve hot!

Notes:

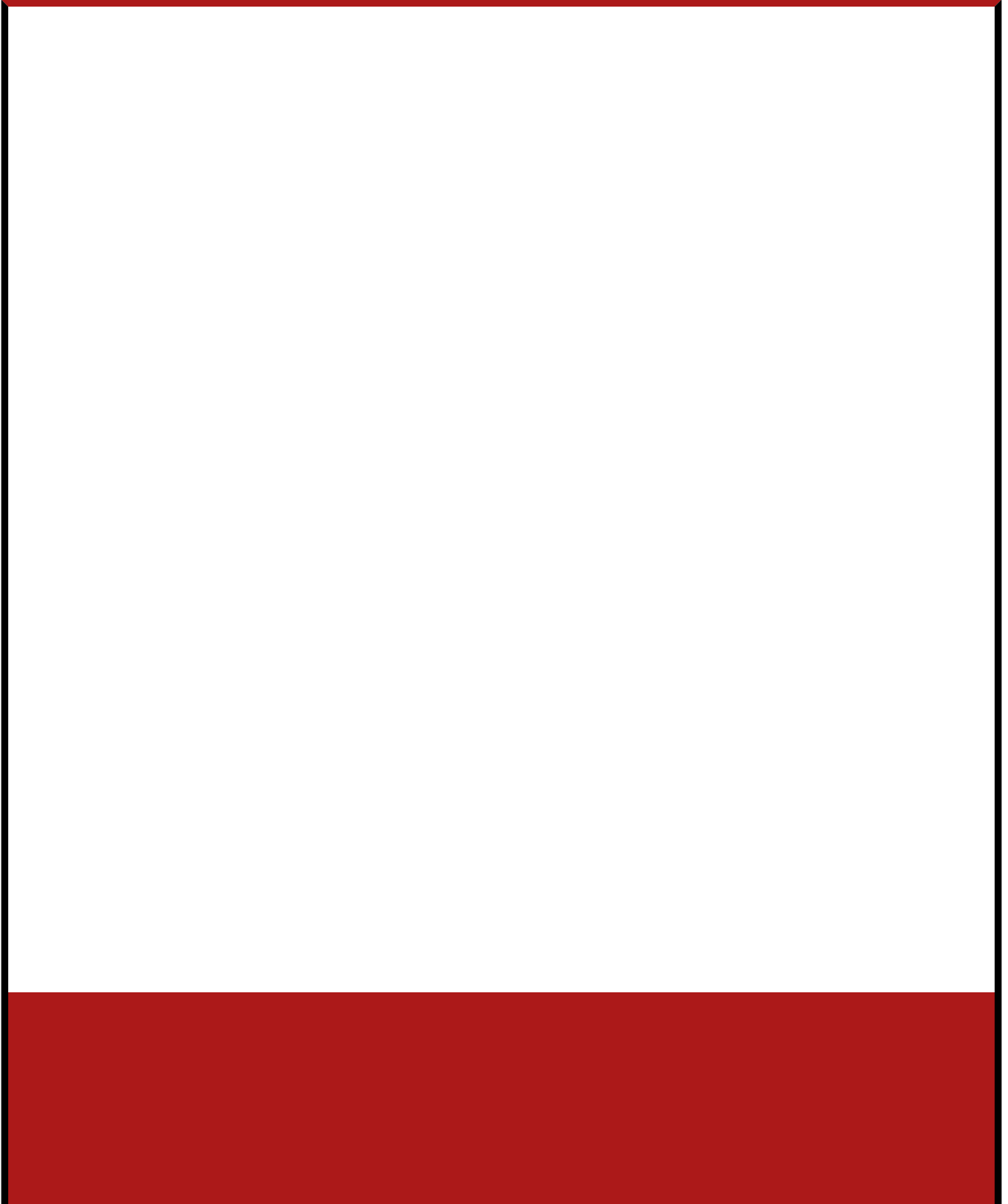
- Feel free to customize this recipe by adding your favorite vegetables or protein options such as chicken, shrimp, or tofu.
- Adjust the level of spiciness by adding chili flakes or chili sauce to taste.
- Leftovers can be refrigerated for up to 3 days and reheated in the microwave or on the stovetop.

Cooking Techniques:

- Ensure the pan is hot before adding the beef to achieve a nice sear and caramelization.
- Toss the noodles and vegetables quickly in the sauce to prevent them from becoming soggy.

Conclusion:

With its irresistible combination of tender beef, crunchy vegetables, and savory noodles, this Beef Chow Mein recipe is sure to please even the pickiest eaters. Bursting with flavor and easy to make, it's the perfect dish for busy weeknights or casual dinners with friends and family. So why wait? Whip up a batch today and enjoy the delicious taste of homemade Chow Mein!





Beef Chow Mein: A Flavorful Stir-Fried Noodle Dish

Author: Elowen Thorn

Total Time: 30 minutes

Yield: 4 servings 1x

PRINT RECIPE

Looking to add some excitement to your dinner table? Look no further than this mouthwatering Beef Chow Mein recipe! With tender beef, crunchy vegetables, and savory noodles coated in a delicious sauce, this dish is sure to become a family favorite. Easy to make and bursting with flavor, it's perfect for busy weeknights or casual gatherings with friends.

Ingredients

Scale 1x2x3x

Chow Mein:

- 200g chow mein noodles (or other thin yellow egg noodles or 3 ramen cakes)
- 1 1/2 tbsp canola oil
- 2 garlic cloves, finely minced
- 200g beef mince / ground beef (any fat %)
- 3 green onion stems, cut into 5cm/2" lengths, white and green parts separated
- 1 egg
- 2 cups green cabbage, finely sliced (or Chinese cabbage)
- 1 carrot, peeled, cut into thin batons
- 1 heaped cup bean sprouts

Chow Mein Sauce:

- 1 1/2 tbsp light soy sauce or all-purpose soy sauce
- 1 1/2 tsp dark soy sauce
- 1 1/2 tbsp oyster sauce
- 1 1/2 tbsp Chinese cooking wine (Shaoxing)
- 1 1/2 tsp white sugar
- Pinch white pepper

Sauce Thickener:

- 1 1/2 tsp cornflour / cornstarch
- 3 tbsp water

Instructions

Sauce Preparation:

Mix all sauce ingredients in a small bowl and set aside. Some is used to flavor the beef, and the rest is for the noodles.

Sauce Thickener (Cornflour Slurry):

Mix the cornflour / cornstarch and water in a separate small bowl.

Noodles Preparation:

Prepare noodles according to packet directions, then drain.

Cooking Beef:

Heat the oil in a large non-stick pan over high heat. Cook garlic for 10 seconds, then add the beef and cook until no longer pink. Add 1 1/2 tablespoons of the sauce and the white part of the green onions. Cook for another 2 minutes until the beef is nicely caramelized.

Finishing Sauce:

Mix the cornflour slurry into the remaining sauce.

Cooking Egg:

Add the egg into the pan and mix it through the beef until scrambled. This helps the beef stick to the noodles.

Adding Vegetables:

When the egg is mostly cooked, add the carrot and cabbage. Cook for 1 minute until cabbage starts to wilt.

Sauce and Noodles:

Give the sauce a quick mix. Add the bean sprouts, noodles, and sauce into the pan. Toss well for 1 minute or until the sauce is dispersed through the noodles. Add the green part of the green onions and toss for another minute.

Serving:

Divide between bowls and serve hot!

Notes

Feel free to customize this recipe by adding your favorite vegetables or protein options such as chicken, shrimp, or tofu.

Adjust the level of spiciness by adding chili flakes or chili sauce to taste.

Leftovers can be refrigerated for up to 3 days and reheated in the microwave or on the stovetop.

Prep Time: 15 minutes

Cook Time: 15 minutes

Did you make this recipe?

Share a photo and tag us — we can't wait to see what you've made!
[@savorydiscovery](#)

- [Can You Lose 7 Pounds in 1 Week by Drinking a Juice Made with Cucumber, Lemon, Ginger, and Pineapple?](#)



Juice Detox: An Overview Juice detox diets have gained popularity in recent years as a ... Read more [Read More ...](#)

- [**Eliminate Aphids, Ants, and Bed Bugs Permanently with This Traditional Method**](#)



Eliminating Pests Effectively In the quest for a pest-free home, traditional methods are often overlooked ... Read more [Read More ...](#)

- [**My grandmother taught me how to make fermented garlic, and I still do it! It has saved me several times!**](#)



Discovering the Art of Fermented Garlic Fermented garlic, a tradition passed down through generations, offers ... Read more [Read More ...](#)
