



Beef Asparagus Lo Mein

Carol Bartholomew
Salt Lake City



Ingredients

- 1 lb. beef top sirloin steak, thinly sliced
- 2 tbsp peanut oil or canola oil
- 1/2 tsp minced garlic
- 1 lb fresh asparagus, trimmed and cut to 2" pieces*
- 2 1/4 cups water, divided
- 2 packages (3 oz. each) beef ramen noodles
- 1/2 cup hoisin sauce
- 1 tsp sesame oil
- 1 tbsp fresh grated ginger root
- 1 tbsp cornstarch

Garnish: chopped green onion (optional)

1. In a large skillet or wok, stir fry beef in oil for about 5 minutes or until meat is no longer pink.
2. While beef is cooking, cook ramen noodles in saucepan with 2 cups boiling water (with one of the seasoning packets added) for 3 minutes; when done, cover and let stand.
3. Add garlic and asparagus to beef; stir fry for 2 minutes or until asparagus is crisp-tender.
4. In small bowl, combine 1/4 cup water and 1/2 tsp of the other ramen seasoning packet; stir in the rest of ingredients and pour over beef/asparagus mixture. Stir fry for 2 minutes or until thickened.
5. Drain noodles and place on platter; spoon beef mixture over noodles.

If desired, garnish with chopped green onion.

Makes 4 servings

*Chinese pea pods may be used if asparagus is not available.