



Cheryl's BEEF & BROCCOLI over FRIED RAMEN NOODLES

Tender beef, crisp broccoli, and savory herbs served over golden, pan-fried ramen noodles in a rich garlic-soy sauce.



Quick,
Savory &
Satisfying!

INGREDIENTS

BEEF & BROCCOLI

- 1½ lbs beef sirloin or flank steak, thinly sliced
- 2 tbsp olive oil
- 4 cups broccoli florets
- 1 small onion, sliced
- 3 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 tsp dried parsley
- 1 tsp dried oregano
- ½ tsp dried thyme
- Salt and black pepper, to taste

SAUCE

- ½ cup low-sodium beef broth
- ¼ cup soy sauce
- 2 tbsp teriyaki sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp brown sugar or honey
- 1 tbsp cornstarch
- 2 tbsp cold water

FRIED RAMEN

- 2 packages ramen noodles (discard seasoning packets)
- 2 tbsp butter
- 1 tbsp sesame oil (or olive oil)
- 1 tsp garlic powder
- 1 tbsp chopped parsley

INSTRUCTIONS

1 FRY THE RAMEN:

Cook ramen noodles for only 2 minutes. Drain well. Heat butter and sesame oil in a large skillet. Add noodles and cook 5–7 minutes, turning occasionally until golden and slightly crispy. Season with garlic powder and parsley. Remove and keep warm.



2 COOK THE BEEF:

Heat olive oil in the same skillet. Season beef with salt, pepper, oregano, thyme, and parsley. Cook 3–4 minutes until browned. Remove from skillet.



3 COOK THE VEGETABLES:

Add sliced onions and broccoli. Cook 4–5 minutes until crisp-tender. Add garlic and ginger during the last minute.



4 MAKE THE SAUCE:

Whisk together beef broth, soy sauce, teriyaki sauce, Worcestershire sauce, brown sugar, and cornstarch mixed with cold water. Pour into skillet. Simmer until sauce thickens.



5 FINISH:

Return beef to the skillet. Toss everything together until coated in the rich brown sauce. Serve over the crispy fried ramen noodles. Garnish with parsley, sesame seeds, or sliced green onions.



CHERYL'S TIP

For extra flavor, drizzle with a little toasted sesame oil just before serving and sprinkle with sesame seeds and sliced green onions.



HERBAL BENEFITS



GARLIC
Supports heart health and adds bold flavor.



GINGER
Provides warmth and supports healthy digestion.



PARSLEY
Adds freshness and powerful antioxidants.



OREGANO & THYME
Bring classic savory flavor and natural plant compounds.

Good Food
Good Herbs
Good Life

Everything Herbal

— by Cheryl Jabz —

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