

Chow Fun

This has been a favorite of my children whether I cook it or we go out for Chinese food. Noodles must be cooked soon after purchase. Simple bring water to boil, covering rice noodle and let set awhile until noodles separate.

1lb flank steak (you could use chicken breast)...sliced thinly. I've even used round breakfast steaks. Fry in electric fry pan 350° on both sides with peanut oil. Add mixture of cornstarch, soy sauce and beef broth, equal parts (about 2 Tlbs. and stir with beef.

Add cleaned and sliced bok choy and bean sprouts to your liking. (optional)
Drain and separate rice noodles then add to meat mixture.

Pour about ¼ cup of Oyster sauce over noodles and toss together.