

20 Minute Garlic Beef and Broccoli Lo Mein

Servings: [4](#) People

Ingredients

- ☐
- ☐ 8 ounces lo mein noodles or spaghetti noodles
- ☐
- ☐ 3 cups broccoli florets
- ☐
- ☐ 1 Tablespoon olive oil
- ☐
- ☐ 8 ounce flank steak sliced against the grain
- ☐
- ☐ 3 garlic cloves minced
- ☐
- ☐ 1 medium carrot shredded
- ☐
- ☐ ¼ cup packed brown sugar
- ☐
- ☐ ¼ cup reduced-sodium soy sauce
- ☐
- ☐ 2 Tablespoons hoisen sauce (can sub teriyaki sauce)
- ☐
- ☐ 2 teaspoons [sesame oil](#) (can sub olive or coconut oil and add ½ teaspoon sesame seeds)
- ☐
- ☐ ¼ teaspoon ground ginger
- ☐
- ☐ ¼ teaspoon crushed red pepper flakes
- ☐
- ☐ ¼ teaspoon pepper

Instructions

In a [large pot](#) with boiling water, cook the noodles according to package directions. Add the broccoli the last 5 minutes of cooking and let them cook until tender. Drain the noodles and broccoli.

Cut the flank steak across the grain in ¼ inch strips.

While the pasta is cooking, add olive oil to a medium sized skillet. Cook the steak until no longer pink.

Add the garlic, and carrots and cook for a minute more.

In a small bowl whisk together the brown sugar soy sauce, [hoisin sauce](#), sesame oil, ginger, red pepper and pepper.

Add the spaghetti to the skillet and pour the sauce on top and toss until incorporated.