



Makes: 4 servings

Prep Time: 5 minutes Cook Time: 20 minutes

Total Time: 25 minutes

## Soy-Glazed Flank Steak with Blistered Green Beans

### Ingredients

- 1 pound beef flank steak
- 6 cloves garlic, minced
- 1 tbsp fresh ginger, finely chopped
- 2 tbsp soy sauce
- 1 tsp brown sugar, packed
- 3 tbsp peanut oil
- 1 pound green beans, trimmed and halved
- 4 scallions, white parts only, thinly sliced
- 2 tbsp mirin
- 1 tsp sambal oelek
- Sesame seeds, toasted (optional)

### Instructions

Cut the flank steak across the grain into thin slices and set aside. In a small bowl, combine the garlic and ginger and set aside. In another small bowl, combine the soy sauce and brown sugar and set aside.

In a very large skillet or wok, heat 2 tablespoons oil over medium-high heat. Add the green beans. Cook and stir until the beans are blistered and brown in spots, 7 to 8 minutes. Transfer to paper towels to drain slightly. Add the remaining 1 tablespoon oil to the skillet.

Add the garlic-ginger mixture to the skillet and cook and stir for 30 seconds. Add half of the steak strips to the skillet, and cook and stir until browned, about 3 minutes. Using a slotted spoon, transfer to a bowl or plate and repeat with the remaining beef.

Return all the beef to a skillet. Stir in the scallions, mirin, sambal oelek, and the soy sauce-sugar mixture. Cook and stir for 1 minute.

Add the green beans, and cook and stir until beans are heated through, about 2 minutes more. Sprinkle with sesame seeds, if using.

*Recipe from Fine Cooking*