

Vegetable Beef and Yakisoba Noodles

Ingredients & Prep

- **Beef:** 1 lb flank steak, sliced thin against the grain
- **Veggies:** 1 sliced yellow onion, 1 sliced bell pepper, 2 cups broccoli florets (pre-softened)
- **Noodles:** 2 packages yakisoba noodles (discard seasoning packets)
- **Homemade Teriyaki Sauce:** 1/2 cup soy sauce, 1/4 cup water, 1/4 cup brown sugar, 1 tbsp honey, 1 tbsp sesame oil, 2 minced garlic cloves, 1 tsp minced ginger
- **Cooking Oil:** High-smoke oil like canola or vegetable oil [[1](#), [2](#), [3](#), [4](#), [5](#)]

Cooking Instructions

- **Preheat:** Heat your Blackstone to medium-high heat.
- **Sauté Veggies:** Add oil to one side of the griddle. Toss on the onion, bell pepper, and broccoli. Cook for 3–4 minutes until the onions soften and char slightly. [[1](#)]
- **Sear Beef:** Add oil to the other side of the griddle. Spread the beef out in a single layer. Sear for 2 minutes without moving, then flip. [[1](#), [2](#)]
- **Warm Noodles:** Place the yakisoba noodles next to the veggies. Add a splash of water to separate and warm them.
- **Combine & Sauce:** Toss the beef, veggies, and noodles all together into one large pile. Pour your teriyaki sauce over the mixture.
- **Finish:** Stir-fry everything quickly for 1–2 minutes until the sauce bubbles, thickens, and glazes the stir-fry. Serve hot. [[1](#)]