

Chicken and Beef Noodles: Ultimate Viral Stir Fry

Get ready for the **Chicken and Beef Noodles: Ultimate Viral Stir Fry**, a dish that proves you do not have to choose between your favorite proteins. This recipe is a powerhouse of flavor, combining tender strips of marinated chicken and savory beef with crisp vegetables and slurp-worthy noodles, all coated in a rich, dynamic stir-fry sauce. This dish has gone viral because it delivers a restaurant-quality experience in your own kitchen. It is the perfect solution when you are craving something incredibly satisfying, fast, and packed with flavor. This ultimate stir fry is a weeknight game-changer that will impress everyone at the table.

Why You'll Love This Chicken and Beef Noodles Recipe

Perfect for a Protein-Packed Meal

This stir fry is the answer for anyone looking to boost their protein intake without sacrificing flavor. By combining both chicken and beef, you get a wonderful variety of textures and a deeply savory profile. This makes the meal incredibly satiating and perfect for fueling busy days or recovering after a workout. Furthermore, the high protein content helps to balance the carbohydrates from the noodles, making it a well-rounded meal that keeps you feeling full and energized for hours. It is hearty, satisfying, and anything but boring.

Flavor-Fusion Highlights

The true star of this viral stir fry is the sauce. It is a masterful fusion of classic Asian flavors, perfectly balancing salty soy sauce, sweet brown sugar or honey, aromatic garlic and ginger, and a touch of nutty sesame oil. This sauce beautifully coats every single noodle, piece of meat, and vegetable. The combination of chicken and beef, each absorbing the marinade and sauce differently, creates a complex, multi-layered bite every time. It is a savory, slightly sweet, and utterly addictive flavor profile that has made it a viral sensation.

chicken beef noodles 2

Chicken and Beef Noodles: Ultimate Viral Stir Fry

No reviews

- Author: [Aaron recipes](#)
- Total Time: [35 minutes](#)
- Yield: [4 servings 1x](#)

[Print Recipe](#)
[Pin Recipe](#)

Description

The ultimate viral stir fry combining tender chicken AND savory beef with crisp vegetables and noodles, all tossed in an irresistible sweet and savory sauce. A protein-packed, restaurant-quality meal.

Ingredients

Copy to clipboard

Scale 1x 2x 3x

- ☐ 8 oz Flank Steak, thinly sliced against the grain
- ☐ 8 oz Boneless, Skinless Chicken Breast, thinly sliced
- ☐ 1 tbsp Soy Sauce (for marinade)
- ☐ 1 tsp Cornstarch (for marinade)
- ☐ 12 oz Lo Mein Noodles or Spaghetti
- ☐ 2 tbsp Canola Oil, divided
- ☐ 1 Broccoli Head, cut into florets
- ☐ 1 Red Bell Pepper, sliced
- ☐ 1 Carrot, julienned
- ☐ 3 cloves Garlic, minced
- ☐ 1 tbsp Fresh Ginger, grated
- ☐ **For the Sauce:**
- ☐ 1/2 cup Low-Sodium Soy Sauce
- ☐ 2 tbsp Brown Sugar, packed
- ☐ 1 tbsp Toasted Sesame Oil
- ☐ 1 tbsp Rice Vinegar

- ☐ 1 tsp Sriracha (optional)
 - ☐ 1 tbsp Cornstarch
 - ☐ **For Garnish:**
 - ☐ Toasted Sesame Seeds
 - ☐ Sliced Green Onions
 - ☐ Cook Mode Prevent your screen from going dark
-

Instructions

1. In a medium bowl, combine the sliced beef and chicken. Add 1 tbsp soy sauce and 1 tsp cornstarch. Toss to coat and set aside to marinate for 15 minutes.
2. Cook noodles according to package directions. Drain, rinse with cold water, and toss with 1 tsp of sesame oil to prevent sticking.
3. In a small bowl, whisk together all the sauce ingredients: 1/2 cup soy sauce, brown sugar, 1 tbsp sesame oil, rice vinegar, sriracha, and 1 tbsp cornstarch. Set aside.
4. Heat 1 tbsp of canola oil in a large wok or skillet over high heat until shimmering. Add the beef in a single layer (work in batches) and cook for 1-2 minutes per side until browned. Remove and set aside.
5. Add the chicken to the wok and cook for 3-4 minutes until cooked through. Remove and set aside with the beef.
6. Add the remaining 1 tbsp of oil to the wok. Add the broccoli florets and carrots. Stir-fry for 2-3 minutes.
7. Add the red bell pepper, minced garlic, and grated ginger. Stir-fry for 1-2 minutes more, until vegetables are tender-crisp.
8. Return the cooked beef and chicken to the wok. Add the cooked noodles and pour the prepared sauce over everything.
9. Toss continuously for 1-2 minutes until the sauce boils, thickens, and evenly coats all the ingredients.
10. Serve immediately, garnished with toasted sesame seeds and sliced green onions.

Notes

Slicing the meat partially frozen makes it much easier to get thin, uniform cuts.

Do not overcrowd the pan when cooking the meat, or it will steam instead of sear. Cook in batches if needed.

Prep all ingredients (chop veggies, make sauce, cook noodles) before you start stir-frying, as the cooking process is very fast.

- Prep Time: 20 minutes
- Cook Time: 15 minutes
- Category: Main Course
- Method: Stir-fry
- Cuisine: Asian-American

Nutrition

- **Serving Size:** 1 serving
- **Calories:** 590 kcal
- **Sugar:** 10 g
- **Sodium:** 980 mg
- **Fat:** 18 g
- **Saturated Fat:** 3 g
- **Carbohydrates:** 65 g
- **Fiber:** 6 g
- **Protein:** 42 g
- **Cholesterol:** 85 mg

Did you make this recipe?

Share a photo and tag us-we can't wait to see what you've made!

Ingredient Highlights & Substitutions for Viral Stir Fry

Essential Ingredients

For the meats, **flank steak or sirloin** and **boneless, skinless chicken breast** are ideal choices, as they slice easily and cook quickly. For the noodles, **lo mein, udon, or even spaghetti** work beautifully; you need a noodle that is sturdy enough to be tossed. The sauce is built on **low-sodium soy sauce, toasted sesame oil, fresh ginger, and garlic**. Cornstarch is the secret weapon, used both to tenderize the meat in a technique called “velveting” and to thicken the final sauce.

Smart Substitutions

This recipe is built for customization. You can easily swap the beef and chicken for pork or shrimp, or make it vegetarian with firm tofu or mushrooms. Any vegetables you have on hand will work; **broccoli, bell peppers, snow peas, and carrots** are classic, but bok choy, zucchini, or cabbage are also fantastic. If you are gluten-free, use tamari instead of soy sauce and opt for rice noodles.

For a spicy kick, add a teaspoon of sriracha or a pinch of red pepper flakes to the sauce.

Step-by-Step Instructions for Your Chicken and Beef Stir Fry

Prep Phase

Proper preparation is the key to a successful stir fry. First, slice your beef and chicken very thinly *against* the grain. This is crucial for tenderness. In a bowl, combine the sliced meats with a tablespoon of soy sauce and a teaspoon of cornstarch; let this marinate for at least 15 minutes. While the meat marinates, cook your noodles according to the package directions, drain them, rinse with cold water, and toss with a little sesame oil to prevent sticking. Whisk together all your sauce ingredients in a small bowl. Finally, chop all your vegetables so they are ready to go.

Cooking Phase

Stir-frying is a fast process, so have everything nearby. Heat a large wok or skillet over high heat with a tablespoon of high-smoke-point oil (like canola or peanut). Add the marinated beef in a single layer and cook for 1-2 minutes per side until browned, working in batches if necessary. Remove the beef. Add the chicken and cook for 3-4 minutes until cooked through. Remove the chicken. Add another splash of oil and stir-fry your hard vegetables (like broccoli and carrots) for 2-3 minutes. Then, add your softer vegetables (like bell peppers and snow peas) and the garlic and ginger, cooking for another 1-2 minutes. Return the beef and chicken to the wok. Add the cooked noodles and pour the prepared sauce over everything. Toss constantly for 1-2 minutes until the sauce boils and thickens, coating every ingredient.

Pro Tips for the Perfect Chicken and Beef Noodles

Technique Secrets

The most important technique for any stir fry is **high heat**. Your wok or skillet must be smoking hot before you add ingredients. This sears the meat and vegetables quickly, locking in flavor and moisture and preventing them from steaming. The second secret is to **not crowd the pan**. Cook the meat in batches. Overcrowding drops the pan's temperature, leading to gray, steamed meat instead of a flavorful, brown crust.

Common Mistakes to Avoid

A common mistake is adding the sauce too early. The sauce should be the last thing to go in, just before serving. Adding it too soon will cause the sugar in it to burn and the vegetables to become soggy. Another error is overcooking the vegetables. They should be "tender-crisp," meaning they are cooked through but still have a slight bite and vibrant color. Lastly, make sure your noodles are only *just* cooked and rinsed. Overcooked noodles will fall apart when tossed in the stir fry.

Serving Ideas & Pairings for This Ultimate Stir Fry

Presentation & Plating

Serve this chicken and beef noodles dish piled high in bowls. The visual appeal comes from the variety of colors from the different vegetables. To add a final layer of texture and flavor, garnish generously right before serving. The best toppings are **toasted sesame seeds** and thinly sliced **green onions** (scallions). These add a fresh, oniony bite and a nutty crunch that contrasts perfectly with the soft noodles and tender meat.

Pairing Suggestions

This stir fry is a robust, all-in-one meal. It does not need complicated sides. A simple, refreshing **quick-pickled cucumber salad** can provide a great acidic counterpoint to the rich, savory sauce. For a starter, classic appetizers like **crispy spring rolls** or **steamed edamame** are perfect. If you are a fan of quick, crowd-pleasing noodle dishes, you should definitely try this [Viral Creamy Ricotta Chicken Pasta](#) as well.

Ingredient Variations Table

Ingredient	Original	Substitute	Notes
Noodle	Lo Mein Noodles	Udon Noodles	Udon provides a thicker, chewier texture.
Protein	Chicken & Beef	Shrimp & Tofu	Makes it a surf-and-turf or vegetarian.
Vegetable	Broccoli	Bok Choy	Adds a fresh, slightly bitter green flavor.
Sauce Base	Soy Sauce	Tamari	A perfect gluten-free alternative.

Frequently Asked Questions

How do I slice the meat so thinly?

The easiest way to get super-thin slices of beef or chicken is to place the meat in the freezer for about 20-30 minutes. This firms it up just enough so your knife can glide through it, allowing for paper-thin cuts.

My stir-fry sauce is too thin. How can I fix it?

The cornstarch in the marinade and sauce should thicken it once it boils. If it is still too thin, make a “slurry” by mixing 1 teaspoon of cornstarch with 1 tablespoon of cold water. Whisk this into the simmering sauce, and it will thicken almost instantly.

Can I make this stir fry ahead of time?

Stir-fries are best eaten fresh, as the vegetables lose their crispness upon reheating. However, you can do all the prep ahead: slice the meat, marinate it, chop the vegetables, and mix the sauce. Store everything in separate containers in the fridge. When you are ready to eat, the cooking process will take less than 10 minutes.

Conclusion

This **Chicken and Beef Noodles** recipe truly lives up to its name as the **Ultimate Viral Stir Fry**. It is a dynamic and deeply satisfying meal that hits every flavor note: savory, sweet, aromatic, and rich. By combining two fantastic proteins, you create a dish that is texturally interesting and packed with nourishing power. It is faster than ordering takeout and infinitely more delicious. This is the perfect recipe to add to your repertoire for those nights when you need a stunning, flavorful dinner

on the table in record time.

Generated by Aaron Recipes