



BEEF STIR FRY

Aim: Micronutrient medley!!

Ingredients

- 50g Brown Basmati Rice (or 100g pre-cooked rice)
- 1 tsp Olive Oil
- 1 Garlic Clove, sliced
- ¼ inch Ginger, chopped
- 150g Lean (5% Fat) Beef Strips
- ½ tbsp Dark Soy Sauce
- ½ tbsp Light Soy Sauce
- 1 tsp Teriyaki Sauce
- 250g Mixed Stir Fry Veg

Directions

READY IN: 15 // SERVINGS: 1

1. Cook the rice according to packet instructions, drain and set aside. Heat the oil in a frying pan or wok until sizzling.
2. Add the garlic and ginger and fry for 1-2 mins until the aromas lift from the pan. Add the beef and stir fry, stirring, until the meat starts to colour.
3. Add the vegetables, soy sauce and teriyaki sauce and stir fry for 2-3 mins. Stir in the rice, and serve!
4. This will keep in the fridge for up to 5 days, for advanced preparation.

Variations to consider: If you want lower carb, omit the brown rice and add more veggies. If you don't like rice, switch for noodles! If you are looking for lower fat use an olive oil spray. If you are not a fan of red meat, switch the beef for chicken or prawns (or a combo!) If you like a dinner with a kick, add a pinch of chilli flakes at the end of cooking

CALORIES

533

CARBOHYDRATE

62

PROTEIN

44

FAT

20