



GYMWOLFPT



BEEF SIRLOIN STIR FRY

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Let's go back to basics with this easy, warming, high-protein dish. Serve with rice, couscous or quinoa!

Prep time: 15 min

Cooking time: 10 min

Total time: 25 minutes

Servings: 4



INGREDIENTS:



- **2 tablespoons vegetable oil**
- **1 lb beef sirloin, cut into 2-inch strips**
- **1 ½ cups fresh broccoli florets**
- **1 bell pepper, cut into matchsticks**
- **2 carrots, thinly sliced**
- **1 green onion, chopped**
- **1 teaspoon of minced garlic**
- **2 tablespoons soy sauce**
- **2 tablespoons sesame seeds, toasted**

METHOD:

Cook and stir the beef in a large wok or skillet until browned - 3 to 4 minutes. Put the beef to one side of the wok and add the broccoli, bell pepper, carrots, green onion, and garlic to the centre of the wok. Stir the vegetables for 2 minutes.

Season beef with soy sauce and sesame seeds and stir into vegetables. Continue to stir and cook until vegetables are tender - about 2 minutes more.

Optional: Embellish this dish with rice wine vinegar, oyster sauce, hoisin sauce or ginger!



NUTRITIONAL INFORMATION: 1 portion = 1/4 recipe

Calories	268 kcal
Fat	15g
Protein	22g
Carbs	9g