



REDUCED CARBOHYDRATE MEAL

Thai beef stir-fry

INGREDIENTS (1 serving)

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FREEZABLE

- 20ml (0.6 fl. oz) sesame oil
- 25ml (0.8 fl. oz) low sodium soy sauce
- 25ml (0.8 fl. oz) white wine vinegar
- drizzle of honey
- 20g (0.6oz) coconut oil
- 285g (10oz) beef tenderloin, trimmed of any visible fat and cut into strips
- 110g (3.9oz) mushrooms, trimmed and quartered
- 90g (3.1oz) red bell pepper, sliced
- 110g (3.9oz) pea pods, thinly sliced
- 100g (3.6oz) asparagus, chopped
- 3 scallions, roughly chopped
- 2cm fresh ginger, grated
- 1 red chilli, roughly chopped – remove the seeds if you don't like it hot
- 1 garlic clove, grated

Just when you thought there was no more ways to make a stir-fry – this blinder pops up. This is as tasty as they come, prep this bad boy like a boss and set yourself up for the week.

METHOD

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Mix together the sesame oil, soy sauce, vinegar and honey in a bowl to create a dressing and set to one side.

Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the beef and fry for 2-3 minutes until it is nice and crispy. Now add the remaining ingredients and cook over a high heat for a further 3-4 minutes. By this time the veg should start to soften.

Finally throw in your dressing – tossing around the pan to coat all the ingredients. Pile onto a plate and tuck in.