



BEEF AND BROCCOLI STIR FRY

 10 minutes

 25 minutes

 2 portions

INGREDIENTS

- head of broccoli [approx. 400 g], green, raw, cut into florets and washed
- 2 x 150 grams of beef, fillet steak, raw, lean
- 2 cloves of garlic, for the sauce
- 1 tablespoon of ginger, grated [for the sauce]
- 75 grams [approx. 5 tablespoons] of soy sauce [for the sauce]
- 150 mls of water [for the sauce]
- 2 x 100 grams of rice, brown, medium-grain, cooked
- 1 tablespoons of oil, olive [11 g]
- vegetables/salad of choice

COOKING METHOD

- 1° Cook the rice according to instructions on the packaging. Wash the broccoli and separate it into small florets.
- 2° Mix all the sauce ingredients in a bowl and set aside until required.
- 3° Heat 0.5 tablespoon of olive oil in a wok or deep pan over a medium heat. Stir-fry the broccoli with some salt, adding a few tablespoons of water now and then and cook in this way for about 7 minutes. Remove broccoli from the pan and set aside.
- 4° Cut the beef into thin strips or chunks. Heat the remaining 0.5 tablespoon of oil over a high heat and stir-fry the meat for about 3-4 mins.
- 5° Pour in the sauce and bring to a boil. Simmer for another 2-3 minutes, then add in the broccoli. Serve with the cooked rice.
- 6° Serve with vegetables/salad of choice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (633 g)	% DRI
ENERGY	86 kcal	546 kcal	27 %
PROTEIN	7 g	45 g	89 %
CARBOHYDRATE	7 g	43 g	17 %
SUGARS	2 g	12 g	14 %
FAT	4 g	22 g	32 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	31 %
FIBER	2 g	11 g	45 %
SODIUM	346 mg	2187 mg	91 %