

Steak Stir Fry



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 4 oz sirloin steak, sliced 1/8 inch thick
- 1 cup broccoli, chopped
- 1 red or orange bell pepper, sliced
- 1/2 small yellow onion, sliced
- 2 tbsp coconut aminos
- 1 tbsp toasted sesame oil
- 1 tbsp sesame seeds
- 1 green onion, chopped
- 1 cup cooked cauliflower rice

DIRECTIONS

1. In a medium skillet heat sesame oil over medium heat.
2. Add steak and cook for 2 minutes, stirring occasionally.
3. Add in broccoli, bell pepper, yellow onion, and tamari.
4. Cook for 3-4 minutes, or until vegetables are desired texture.
5. Just before removing from heat, add in sesame seeds and green onion.
6. Serve over cooked cauliflower rice.

NUTRITION INFO

Calories: 502, Carbohydrate: 22 grams, Protein: 45 grams, Fat: 29 grams