



Healthy Lifestyle Program Diet – Recipes

Lean beef and vegetable stir-fry

Preparation time: 30 minutes (plus 30 minutes for marinating)

Servings: One

Ingredients

4 ounces beef lean beef
1 Tbsp soy sauce
1 Tbsp water
1 small clove of garlic (crushed)
1 tsp cornflour
1 Tbsp olive oil
1/4 green capsicum (sliced into thin strips)
1/4 cup onion (sliced)
3 fresh tomatoes (halved)

Method

Slice beef into thin strips. Mix soy sauce, water, garlic, and pepper. Add beef and coat well.

Cover and marinate (at room temperature) for 30 minutes, stirring occasionally.

Drain beef, but reserve marinade. Add water to marinade to make 1/3 cup liquid. Stir in cornflour then set mixture aside.

Add oil to medium-sized non-stick frypan and heat at medium temperature. Add capsicum, onion, and mushrooms, and stir-fry for about two minutes (or until vegetables are slightly tender).

Remove vegetables and add beef to the pan. Stir-fry for two or three minutes or until done. Move meat to side of pan and stir cornflour mixture into the centre of the pan.

Cook and stir mixture thickens and starts bubbling. Cook for another 30 seconds. Add vegetables and meat to the mixture and stir together. Add tomatoes and stir. Cook for one minute.

Nutritional information:

Calories: 375

Fat: 24g

Carbohydrates: 11g

Protein: 30g protein