

Ginger Beef Stir Fry

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 454 grams Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

DIRECTIONS

- 01 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 02 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 03 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

NOTES

ALTERNATIVE VEGETABLES

Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

MORE CARBS

Serve with brown rice or quinoa.

VEGAN & VEGETARIAN

Use cooked chickpeas or tofu instead of beef.

NO BEEF

Use diced chicken breast instead.

MORE GREENS

Stir in kale or baby spinach until wilted.