

Beef & broccoli stir fry



15ml Worcestershire sauce
a pinch of sea salt & black pepper
½ tsp dried thyme
2 garlic cloves, finely chopped
the grated zest of ½ a lemon
400g thin cut minute steak, cut into strips
150g Tenderstem broccoli
10g ghee or coconut oil
1 red onion, sliced
1 large red chilli pepper, sliced

SERVES 2

Combine the Worcestershire sauce, salt, pepper, dried thyme, garlic and lemon zest in a bowl. Mix well.

Add the steak strips and mix well to coat the meat thoroughly in the marinade. Set aside for 10 minutes.

Meanwhile, steam the broccoli for 5 minutes and set aside.

Melt the ghee / oil in a large wok or frying pan and add the steak and marinade. Stir fry for 3 minutes.

Add the onion and chilli and stir fry for 5 minutes, stirring occasionally.

Add the broccoli and stir fry for 4-5 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:

336 Calories

11g Carbs

46g Protein

12g Fat