



The Post-Match Beef & Broccoli Bowl

Macros: 450 Calories; 36g Protein; 42g Carbs; 14g Fat

Ingredients

- 4 oz lean sirloin steak, thinly sliced
- 1.5 cups broccoli florets
- 1/2 cup cooked brown rice
- 1 tbsp low-sodium soy sauce or tamari
- 1 tsp sesame oil
- 1/2 tsp freshly grated ginger
- 1 tsp sesame seeds

Directions

- Steam or lightly sauté the broccoli florets until they are bright green but still crisp. Set aside.
- Heat the sesame oil in a pan over medium-high heat. Add the sliced sirloin and grated ginger, cooking for 2-3 minutes until browned.
- Lower the heat, add the soy sauce to the beef, and toss to coat.
- Serve the beef and broccoli over the warm brown rice and garnish with sesame seeds.