
THE POST-MATCH BEEF & BROCCOLI BOWL

450 Calories | 36g Protein | 42g Carbs | 14g Fat



INGREDIENTS

- 4 oz lean sirloin steak, thinly sliced
- 1.5 cups broccoli florets
- ½ cup cooked brown rice
- 1 tbsp low-sodium soy sauce or tamari
- 1 tsp sesame oil
- ½ tsp freshly grated ginger
- 1 tsp sesame seeds

DIRECTIONS

1. Steam or lightly sauté the broccoli florets until they are bright green but still crisp. Set aside.
2. 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.
3. Lower the heat, add the soy sauce to the beef, and toss to coat.
4. Serve the beef and broccoli over the warm brown rice and garnish with sesame seeds.