

BEEF AND BROCCOLI

Ingredients:

- 3 carrots(peeled)
- 1tbsp olive oil
- 340gms broccoli
- 1/2 cup water(divided)
- sea salt & ground pepper to taste
- 900g flank steak
- 2 tbsp reduced sodium soy sauce
- 2 tsp rice wine vinegar
- 1 tsp toasted sesame oil
- 1 onion(cut into chunks)

Cut carrots in half lengthwise & then cut in 1/4inch chunks.

Heat olive oil in large pan, add carrots, broccoli & 1/4 cup water.

Cover & cook, stirring occasionally until vegies soften.

Remove from pan.

Rub salt & pepper into steak.

Cook uncovered about 10mins turning halfway through.

Remove from pan & let rest 5mins.

Cut against the grain into 1/4inch strips.

Meanwhile combine soy sauce, vinegar, remaining water & sesame oil & whisk together.

Return meat & vegies to pan.

Add onions & sauce & let simmer about 10mins or until sauce has reduced.

(serves 6)

Calories: 329

Fats: 17g

Protein: 35g

Carbs: 9g

Sugars: 4g

Iron: 3mg