

**Recipe of the Week 12**  
**Balsamic steak stir-fry**

The Balsamic steak stir-fry is a delicious dish with packed protein to promote muscle recovery and iron to assist the production of energy. The dish also contains a wide range of vegetables to preserve health and help prevent illness.

Tip: cook vegetables quickly in a hot wok using little oil to maintain the nutrients in the vegetables to maximise the benefits of the micro-nutrients for health and performance.



**Ingredients**

550g baby potatoes  
300g lean fillet steak  
125ml balsamic vinegar  
2 tsp sesame seeds  
700g mushroom stir fry  
1 large onion (finely sliced)  
1 yellow pepper (finely sliced)  
5 sprays of light sunflower oil

**Each serving contains**

Energy (kcal) – 290kcal  
Carbohydrates – 28g  
Protein – 34g  
Fat – 6g (2g saturated)

**Serves: 2 - 4**

**Preparation time: 10-minutes**

**Cooking time: 40-minutes**

**Method**

1. "Put the potatoes in a pan filled with water. Bring to boil and simmer for 20 minutes, until tender. Meanwhile put the balsamic vinegar into a pan and boil rapidly, until it's reduced by half and has thickened. Set aside to cool.
2. Drain potatoes and slice. Season and keep warm.
3. Heat a wok until really hot, coat with 2 sprays of oil. Sear beef for 2 to 3 minutes, for medium rare steak. Remove from the pan. Cover with foil and keep warm.
4. Heat wok again and coat with another 2 sprays of oil. Stir-fry the mushroom stir-fry vegetables, onion and yellow pepper for 5 minutes until just tender.
5. Stir in balsamic vinegar and sliced potatoes to combine.
6. Divide the stir-fry between the bowls. Thinly slice steak and serve on top of stir-fry. Sprinkle over sesame seeds"

(Adapted from tesco.com, 2009)