

## Recipe of the Week 2

### Oriental Beef Stir-fry

The oriental Beef stir-fry is a perfect replacement for the Chinese take-away. The meal is stacked with protein (for recovery and rebuilding of muscle tissue), iron and B vitamins (for the delivery of energy to muscle tissue) and antioxidants (to boost immunity and health) with a great oriental taste!

The meal can be used as either a nutritious evening meal or lunch. Furthermore, the meal is ideal for the busy athlete, as it only takes 15 – 20 minutes and can be cooked in bulk for future meals.

#### Tip

To enhance the carbohydrate content of the meal add ½ - 2 cups of rice or noodles.



**Serves: 2 – 4**  
**Preparation time: 10-minutes**  
**Cooking time: 7-minutes**

#### **Ingredients**

2 tsp of vegetable oil  
400g lean beef steak  
4 cloves of crushed garlic (crushed)  
2 yellow or red peppers (deseeded and sliced)  
200g broccoli  
4 spring onions (sliced)  
2 pak choi (bok choy) (sliced)  
200g water chestnuts (drained and sliced)  
4 tbsp of oyster sauce

#### **Each serving contains**

Energy (kcal) – 276  
Carbohydrates – 18.6g  
Protein – 23.4g  
Fat – 12.8 (4.2g saturated)

#### **Method**

1. Heat the oil in a non-stick frying pan or wok and add the steak, cut into thin strips.
2. Stir-fry for 1-2 minutes to seal, then add the garlic, peppers, broccoli florets and spring onions, along with 2 tbsp of water.
3. Stir- fry for 3 minutes, and then add the pak choi, water chestnuts and oyster sauce. Allow to heat through thoroughly and serve immediately with some plain boiled rice or noodles

(Adapted from Tesco-healthy Eating, 2009)

