

Steak, Pepper & Sugar Snap Stir Fry

Prep Time: 25 min

Total Time: 25 min

Servings: 6

Ingredients

1 lb lean flank steak
¼ cup low sodium soy sauce
1 Tbls. Cornstarch
1 Tbls. Asian Chile-Garlic Sauce
2 tsp. grated fresh ginger
1 tsp. granulated sugar
¼ tsp. kosher salt
2 Tbls. Toasted sesame oil (divided)
1 cup sugar snap peas (sliced in half lengthwise)
1 cup sliced onion
1 cup sliced yellow bell pepper
2 large garlic cloves

Directions

Step 1

Cut steak diagonally with the grain into 2-inch thick slices. Cut slices diagonally across the grain into thin strips. Combine steak, soy sauce, cornstarch, chile-garlic sauce, ginger, sugar and salt in a medium bowl, and stir until sauce is well blended and steak pieces are coated. Set aside.

Step 2

Heat 1 Tbls. Of the oil in a large nonstick skillet or a wok over high heat. Add snap peas, onion, and bell pepper and cook, stirring often, until vegetables are starting to soften, about 2 minutes. Add garlic, and cook, stirring constantly, 1 more minute. Remove vegetable mixture from skillet to a plate. Add remaining 1 Tbls. Oil and all of the beef mixture to skillet; cook stirring often, until meat browns, about 2 minutes. Return vegetables to skillet; add water. Stir-fry until sauce is thick and coats mixture well, about 1 more minute.

Serve with Brown Rice, Cauliflower Rice or on its own (use your judgement based on remaining calories/macros).

Nutrition

Calories = 319

Carbs = 36g

Fat = 10g

Protein = 21g



Source: <https://www.eatingwell.com/recipe/278411/steak-pepper-sugar-snap-stir-fry/>