

Ginger Beef Edamame Bowl with Sesame and Wilted Bok Choy

Yield: 6 servings

Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic, use green part of green onions, and swap sesame seeds for brazil nuts, pecans, peanuts, macadamias, pine nuts, or walnuts

To make it gluten-free, substitute soy sauce with gluten-free soy sauce or Tamari

Ingredients

1 lb flank steaks/chicken sliced into narrow strips
1 Tbsp corn starch
½ cup water
2 eggs
1 large carrot, julienned
3 green onions, chopped
2 Tbsp fresh ginger, minced
5 cloves garlic, minced
2 Tbsp avocado oil
3 Tbsp soy sauce
4 Tbsp rice vinegar
1 Tbsp sesame oil
¼ cup sugar
½ tsp crushed red pepper flakes
2 cups bok choy, ¼ inch slices
3 cups edamame, seared over very high heat in a large sauté pan with enough avocado oil to lightly coat the bottom of the pan
2 Tbsp sesame seeds

Directions

1. Place corn starch (1 Tbsp) in a large bowl.
2. Gradually add water (½ cup) while whisking.
3. Beat eggs into corn starch mixture, and toss in beef. Stir to coat.
4. Pour oil (2 Tbsp) into wok. Heat until very hot but not smoking.
5. Add a quarter of the beef to the oil. Separate with a fork. Cook, stirring frequently, until browned. Remove beef, drain on paper towel, and set aside.
6. Repeat until all the beef is cooked.
7. Drain off any excess oil except for about one tablespoon. Add carrots, green onion, ginger (2 Tbsp), and garlic (5 cloves) in that order. Stir fry briefly over high heat.
8. In a mixing bowl, whisk together the soy sauce (3 Tbsp), rice vinegar (4 Tbsp), sesame oil (1 Tbsp), sugar (¼ cup), and crushed red pepper flakes (½ tsp), and add to vegetable mixture along with the bok choy (2 cups). Toss and bring to a boil. Then add the beef.
9. Plate or platter the prepared edamame. Top with beef and bok choy mixture. Serve sprinkled with sesame seeds.



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Nutrition Facts

Serving size 1 (10.9oz)

Amount Per Serving **308g**

Calories **366**

% Daily Value

Total Fat 17.3g **27%**

Saturated Fat 3.9g **19%**

Cholesterol 252mg **84%**

Sodium 231mg **8%**

Total Carbohydrate 24g **8%**

Dietary Fiber 6g **22%**

Sugars 13g

Protein 30g **60%**

Vitamin A **96%**

Vitamin C **36%**

Calcium **15%**

Iron **27%**