

Broccoli and Beef with Red Bell Pepper and Bok Choy

YIELD: 6 SERVINGS

Gluten-free

Dairy-free

FODMAP friendly

INGREDIENTS

- ½ cup coconut aminos
- 1 Tbsp sesame oil
- ½ cup sherry
- 2 tsp tamari (or soy sauce)
- 1 tsp maple syrup
- 2 tsp cornstarch
- 1½ lbs beef round steak, sliced ⅛ inch thick
- 3 Tbsp avocado oil
- 2 inches ginger, sliced into planks
- 2 cloves garlic, peeled and smashed
- 2 cups broccoli, cut into small florets
- 2 red bell peppers, julienne cut
- 2 cups bok choy, trimmed and sliced the long way
- 3 cups white rice, cooked

DIRECTIONS

1. Whisk together the coconut aminos (½ cup), sesame oil (1 Tbsp), sherry (½ cup), tamari (2 tsp), maple syrup (1 tsp), and corn starch (2 tsp) in a mixing bowl until combined.
2. Place the beef (1½ lbs) in the bowl. Fold together to fully coat all sides of the beef with the sauce mixture.
3. With a medium/low flame, heat the avocado oil (3 Tbsp), ginger (2 inches), and garlic (2 cloves) in a wok or large sauté pan. Cook for about five minutes without burning the ginger and garlic.
4. Leaving the oil in the pan, use a slotted spoon to remove and discard the ginger and garlic.
5. Turn up the heat to medium/high, and add the broccoli (2 cups), red bell peppers, and bok choy (2 cups).
6. Cook for 5–7 minutes or until the vegetables are tender and beginning to brown.
7. Remove the vegetables from the wok and set aside.
8. Add a bit more oil to the wok if needed. With the heat on high, pour the beef and marinade into the wok, and cook until the sauce thickens into a glaze and the beef is cooked through.
9. Return the reserved vegetables to the wok. Toss to coat with the glaze.
10. Serve with white rice.



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NUTRITION FACTS

Serving size 1 (12.7oz)

| | |
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| Amount Per Serving | 360g |
| Calories | 633 |
| | % Daily Value |
| Total Fat 14.8g | 23% |
| Saturated Fat 3g | 15% |
| Cholesterol 69mg | 23% |
| Sodium 267mg | 11% |
| Total Carbohydrate 87g | 29% |
| Dietary Fiber 4g | 14% |
| Sugars 4g | |
| Protein 34g | 67% |
| Vitamin A | 49% |
| Vitamin C | 149% |
| Calcium | 7% |
| Iron | 46% |