

Chilli, ginger beef

SERVES - 2

NUTRITION PER SERVING

Fat: 35 g

Carbs: 10 g / Fiber: 3 g (Net Carbs: 7 g)

Protein: 32 g

A great recipe to give you a boost! Ginger and garlic are great for your metabolic and immune health.

Beef is an amazing protein source for building strong and lean muscles. Also a great source of iron, zinc, selenium, B vitamins and phosphorus.

It's also super easy and quick to make.

INGREDIENTS

- 2 fillet steaks
- thumb of ginger
- 2 garlic clove
- 1 t Chinese 5 spice
- 1 onion
- 1 pak choi
- 1/2 fennel bulb
- 1 t chilli flakes
- 1 T coconut oil
- 1 T tamari
- 2 T sesame oil
- 20 g coriander or holy basil

METHOD

1. Slice onion into half moons, and shred fennel bulb.
2. Heat coconut oil in a wok.
3. Chop garlic and ginger into thin strips and add to the pan.
4. Add onion, fennel, pak choi and the rest of the spices.
5. Stir fry for 5-10 mins.
6. Roughly chop and add coriander or holy basil.
7. Rub steak with coconut oil, fresh cracked pepper and some spices if you like and fry separately for 3 mins each side - so still pink in the middle.
8. Once cooked rest for a moment then slice into thin strips and serve on top of stir fried veg.