

Chilli and ginger beef stir-fry

Our chilli and ginger beef stir-fry is ideal for a quick lunch or evening meal. The beauty of a stir-fry is that you can prep the ingredients in advance and then cook up a gorgeous-tasting plate in minutes – and as it's all done in the same pan, you get to save on the washing-up, too!

Serves: 1

Nutrition per serving:

26g protein, 24g carbs, 10g fat, 6g fibre

Ingredients:

- 1 garlic clove, crushed
- ½ small onion
- 2 tbsp hot beef stock
- 1 small carrot, thinly sliced
- 1cm fresh ginger, grated
- ½ red pepper, sliced
- ½ green pepper, sliced
- Chilli flakes to taste
- 100g beef medallion, thinly sliced
- 1 tbsp soy sauce
- 40g cabbage, finely chopped
- 1 spring onion, finely sliced

Method:

1. Cook the garlic and onion in the stock in a large non-stick wok or frying pan over a medium heat until the liquid has evaporated and the onion is golden and tender.
2. Add the carrot, ginger, peppers and chilli flakes and stir-fry briskly for 2-3 mins.
3. Stir in the beef, soy sauce and cabbage, then turn up the heat and cook, stirring frequently, for 3-4 mins until the beef is browned but still tender.
4. Serve immediately, topped with the shredded spring onion.

