THE LIGHTER PLATE METHOD

Beef & Vegetable Stir-Fry Strips

A no-fuss midweek stir-fry of steak strips and whatever vegetables need using up.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**12 min**	**22 min**	**2**	**EASY**

Ingredients

- 1 medium slice sirloin steak (trimmed of fat, cut into strips)
- 70 g broccoli
- 50 g courgette (sliced)
- 0.5 medium tomato (chopped)
- 3 medium asparagus spears (chopped)
- 1 tbsp olive oil
- 0.5 onion (chopped)
- 1 clove garlic (crushed)

Method

1. Season the steak strips with a pinch of salt.
2. Heat the oil in a pan and sauté the onion and garlic until fragrant.
3. Add the beef and cook for a minute, then quickly parboil or stir-fry the vegetables alongside.
4. Once the beef starts to sizzle and brown, add all the vegetables to the pan.
5. Stir well, adjust the seasoning and finish with fresh parsley.

Tips & swaps

- Keep everything moving in the pan — this is meant to be a fast, high-heat cook.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**30g**	**8g**	**18g**	**3g**

Estimated values, for guidance only.