



Thai Basil Beef Stir Fry

2 servings

20 minutes

Ingredients

15 milliliters Sesame Oil (or olive oil)
300 grams Flat Iron Steak
45 milliliters Coconut Aminos
5 milliliters Lime Juice
1/2 Yellow Onion (chopped)
300 grams Broccoli (florets, chopped)
2 Red Bell Pepper (sliced)
1 tsp Garlic Powder (or 1-2 garlic cloves minced)
1/2 tsp Ground Ginger (or 1 thumb chopped fresh ginger)
20 grams Thai Basil (chopped)

Directions

- 1 Heat a pan over medium-high heat. Add the oil. Place the steak in the pan and cook for about 10 to 12 minutes, flipping once. The timing will depend on how thick your steak is. Remove, let rest for 5 minutes and then slice against the grain and set aside.
- 2 In the same pan, add the onion, broccoli, chopped peppers and garlic and ginger powder (or fresh garlic & ginger). Cook until slightly softened, about four to five minutes.
- 3 Add the coconut aminos (or soy sauce) and lime juice to the pan and toss to combine. Add the steak back into the skillet and cook for an additional minute to heat through. Remove from the heat and add the Thai basil. Divide into portions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add oyster or fish sauce.

Make it Vegan: Use high protein plant-based meat alternative.

Additional Toppings: Serve with cauliflower rice.