

Send Noods Beef Bowl

Recipe makes 4 servings, each serving is:

494
kcal

14 g
fat

61 g
carbs

31 g
pro

Ingredients

- 2 sirloin steaks, very thinly sliced
- 1/2 pkg (8 oz) linguine rice noodles
- 3 c. broccoli florets, bite-size
- 2 c. carrots, chopped
- 1 Tbsp olive oil
- Optional topping: crushed peanuts

Stir Fry Sauce

- 3 Tbsp soy sauce
- 2 Tbsp maple syrup
- 2 Tbsp rice vinegar
- 1 Tbsp chili garlic sauce (or more)
- 1 Tbsp fish sauce (or more)
- 1 tsp puree ginger

Directions

1. Soak the rice noodles in warm water, as per package directions.
2. Bring a large pot of salted water to a boil. Blanch the carrots until they are soft, but still have some texture, around 3-4 minutes. Do the same for the broccoli, but they should take about half the time.
3. Fry the thinly sliced beef with a bit of olive oil, salt, and pepper until browned. Add the noodles, vegetables, and the stir-fry sauce all together in the frying pan and let it cook for just a few minutes for the flavours to combine.
4. Optionally top with some crushed peanuts & enjoy!

THE NUTRITIONIST

