

Beef and Mushroom Stir-Fry

A delicious and nutritious stir-fry dish featuring tender beef, earthy mushrooms, and a medley of colorful vegetables.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- Ingredients for 1 person:
- 100g beef, thinly sliced
- 1/2 cup sliced mushrooms
- 1/4 onion, sliced
- 1/2 bell pepper, sliced
- Handful of spinach leaves
- Salt, pepper, soy sauce, vegetable oil

Steps

- 1 Heat vegetable oil in a pan over medium-high heat.
- 2 Add beef slices and stir-fry until browned. Season with salt and pepper.
- 3 Add onions, bell peppers, and mushrooms. Cook until vegetables are tender.
- 4 Toss in spinach leaves and a splash of soy sauce. Stir until spinach is wilted.
- 5 Serve hot and enjoy!