

Beef and Vegetable Stir Fry

A quick and easy stir-fry with beef and a mix of fresh vegetables. Perfect for a mid-week dinner!



Main Dish

15 min

Total time

Easy

Difficulty

260

kcal / serving

Ingredients

- Ingredients for 1 person:
- 120g of Beef strips
- 1/4 Broccoli
- 2-3 Carrots
- 2-3 Mushrooms

Steps

- 1 Preheat the pan over medium-high heat with oil.
- 2 Add the beef strips and cook until lightly browned on all sides (3-4 minutes).
- 3 Add the vegetables and stir-fry for 2-3 minutes.
- 4 Pour in a drizzle of soy sauce and a sprinkle of sesame oil and stir to combine.
- 5 Serve over steamed rice or noodles.