

Garlic Beef Stir-Fry with Carrots and Rice

This vibrant stir-fry combines tender beef with crunchy carrots, infused with aromatic garlic and served over fluffy rice. A quick and satisfying dish that is perfect for a wholesome meal.



Main Dish

20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 100g beef, thinly sliced
- 1 medium carrot, julienned
- 1 clove garlic, minced
- 1 egg
- 100g cooked rice
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Steps

- 1 Heat the vegetable oil in a pan over medium-high heat.
- 2 Add the minced garlic and sauté for about 30 seconds until fragrant.
- 3 Add the sliced beef and cook until browned, about 3-4 minutes.
- 4 Stir in the julienned carrots and cook for another 2-3 minutes until they are tender yet crisp.
- 5 Push the beef and carrots to the side of the pan and crack the egg into the empty space. Scramble the egg until fully cooked.
- 6 Mix everything together and pour in the soy sauce, seasoning with salt and pepper to taste.
- 7 Serve the stir-fry over the cooked rice, garnished with sesame seeds if desired.