

Greek Beef and Broccoli Skillet

This Greek-inspired low-carb dish combines tender beef with nutrient-rich broccoli and fresh cucumbers, all sautéed with garlic and mushrooms for a flavorful and healthy meal. Perfect for a quick weeknight dinner!



Main Dish

Greek

20 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 200g beef, thinly sliced
- 150g broccoli florets
- 1/2 cucumber, diced
- 2 cloves garlic, minced
- 100g mushrooms, sliced
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Juice of 1/2 lemon

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add minced garlic and sauté until fragrant (about 30 seconds).
- 3 Toss in the sliced beef, seasoning with salt, pepper, and oregano. Cook until browned (about 5-7 minutes).
- 4 Add the mushrooms and broccoli, stirring until the broccoli is bright green and tender (about 5 minutes).
- 5 Remove from heat and stir in the diced cucumber and lemon juice.
- 6 Serve hot and enjoy your Greek-inspired meal!