

Hearty Beef and Vegetable Stir-Fry

A vibrant and nutritious stir-fry combining tender beef strips with fresh zucchini, carrots, mushrooms, and tomatoes, lightly seasoned for a wholesome single-serving meal.


20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g beef strips
- 1 small zucchini, sliced
- 1 medium carrot, julienned
- 50g mushrooms, sliced
- 1 medium tomato, chopped
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Heat olive oil in a skillet over medium-high heat.
- 2 Add minced garlic and sauté until fragrant.
- 3 Add beef strips and cook until browned, about 3-4 minutes.
- 4 Add carrots and mushrooms; stir-fry for 3 minutes.
- 5 Add zucchini and tomato, stir well.
- 6 Pour in soy sauce, season with salt and pepper, and cook for another 3-4 minutes until vegetables are tender but crisp.
- 7 Remove from heat, garnish with fresh parsley if desired, and serve hot.