

Keto Beef and Broccoli Stir-Fry

This savory Keto Beef and Broccoli Stir-Fry is a quick and nutritious meal packed with flavor. Ideal for low-carb diets, it combines tender beef strips with vibrant broccoli in a rich, savory sauce.


15 min

Total time

easy

Difficulty

420

kcal / serving

Ingredients

- 150g beef sirloin, thinly sliced
- 100g broccoli florets
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- Salt and pepper to taste
- 1 teaspoon sesame seeds (for garnish)

Steps

- 1 Heat sesame oil in a pan over medium-high heat.
- 2 Add minced garlic and ginger, sauté for about 30 seconds until fragrant.
- 3 Add beef strips and cook for about 2-3 minutes until browned.
- 4 Stir in broccoli florets and soy sauce, cooking for another 3-4 minutes until the broccoli is tender but still vibrant.
- 5 Season with salt and pepper to taste.
- 6 Serve hot, garnished with sesame seeds.