

Savory Beef and Vegetable Stir-Fry on Toast

This hearty dish combines tender beef with vibrant broccoli, carrots, and mushrooms, all served atop crispy bread. It's a delightful way to enjoy a balanced meal packed with flavor and nutrients.



Main Dish

20 min

Total time

medium

Difficulty

450

kcal / serving

Ingredients

- 150g beef (sliced thinly)
- 1 slice of crusty bread
- 100g broccoli florets
- 1 medium carrot (sliced)
- 50g mushrooms (sliced)
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 clove garlic (minced)
- Salt and pepper to taste
- Optional: sesame seeds for garnish

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add minced garlic and sauté until fragrant.
- 3 Add the thinly sliced beef and cook until browned, about 3-4 minutes.
- 4 Toss in the broccoli, carrots, and mushrooms, stirring frequently.
- 5 Add soy sauce, salt, and pepper, and cook for an additional 5-7 minutes until vegetables are tender but crisp.
- 6 While the stir-fry is cooking, toast the slice of bread until golden brown.
- 7 Serve the beef and vegetable stir-fry on top of the toasted bread.
- 8 Garnish with sesame seeds if desired.