

# Strip Steak & Brussels Sprouts Stir Fry with Jalapeño Pepper



45 minutes | 2 servings

## Find cookware

[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[stainless steel skillet](#)  
[stirring spoon](#)  
[tongs](#)  
[vegetable peeler](#)  
[whisk or fork](#)

## Grab ingredients

1 lb	Brussels sprouts
1 medium	carrot
2 cloves	garlic
1 (1 inch) piece	ginger root
½ small bunch	green onions (scallions)
1	jalapeño pepper
¾ lb	striploin (New York strip) steak
	cornstarch
	rice vinegar
	soy sauce
	virgin coconut oil

## Cook & enjoy

- 1 Wash brussels sprouts, carrot, jalapeño, and green onions.  
1 lb brussels sprouts  
1 medium carrot  
1 jalapeño pepper  
½ small bunch green onions (scallions)
- 2 Trim, peel, and slice carrot on the diagonal into ¼ inch rounds. Transfer to a bowl.
- 3 Halve, seed, and thinly slice jalapeño crosswise. Peel and mince garlic. Peel and mince or grate ginger. Transfer all to a small bowl.  
2 cloves garlic  
1 (1 inch) piece ginger
- 4 Trim green onion root ends and slice on the diagonal. Add whites to bowl with jalapeño, garlic, and ginger; transfer the greens to a separate bowl and save for garnishing.
- 5 Trim rough ends of brussels sprouts and halve lengthwise. Transfer to a separate bowl.
- 6 In a small bowl, prepare sauce by whisking together soy sauce, vinegar, water, and cornstarch.  
2 tbsp soy sauce  
1 tbsp rice vinegar  
2 tbsp water  
¼ tsp cornstarch
- 7 Heat a skillet over medium-high heat.
- 8 Thinly slice steak into strips.  
¾ lb striploin (New York strip) steak
- 9 Coat bottom of skillet with oil. Add steak strips in a single layer and cook until browned, 2-3 minutes per side. Transfer to a plate.  
1 tbsp virgin coconut oil

- 10 Add more oil to skillet, followed by brussels sprouts. Cook, stirring occasionally, until golden brown, 2-3 minutes. Transfer to plate with steak.  
1 tbsp virgin coconut oil
- 11 Add more oil to skillet, followed by green onion whites, jalapeño, garlic, and ginger. Stir and cook until fragrant, 15-30 seconds. Add carrot and cook, stirring occasionally, until tender, 2-3 minutes.  
1 tbsp virgin coconut oil
- 12 Return steak and sprouts to skillet and add sauce. Cook, stirring occasionally, until sauce is thickened, 2-3 minutes.
- 13 To serve, place stir fry on a plate and garnish with remaining green onions. Enjoy!