

Steak, Asparagus & Bell Pepper Stir Fry

35 minutes | 2 servings



Find cookware

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

Grab ingredients

1 small bunch	asparagus
2 cloves	garlic
1 (1 inch) piece	ginger root
½ small bunch	green onions (scallions)
1	red bell pepper
¾ lb	striploin (New York strip) steak
	cornstarch
	crushed red pepper
	soy sauce
	toasted sesame oil
	virgin coconut oil

Cook & enjoy

- 1 In a small bowl, make a slurry by whisking water with cornstarch until smooth. Add soy sauce, sesame oil, and red pepper; whisk together. Set aside.
2 tbsp cold water
1 tsp cornstarch
2 tbsp soy sauce
1 tsp toasted sesame oil
⅛ tsp crushed red pepper
- 2 Wash the fresh produce. Snap (or cut) off woody ends from the asparagus, then cut on an angle into 2 inch pieces; transfer to a large bowl. Seed and cut the bell pepper into 2 inch strips; add to the bowl with asparagus. Trim green onion ends and chop on an angle; transfer to a small bowl.
1 small bunch asparagus
1 red bell pepper
½ small bunch green onions (scallions)
- 3 Peel and mince or grate the ginger. Peel and mince the garlic. Transfer both to a small bowl.
1 (1 inch) piece ginger root
2 cloves garlic
- 4 Heat a skillet over medium-high heat.
- 5 Slice the steak into thin strips.
¾ lb striploin (New York strip) steak
- 6 Add oil to the skillet and swirl to coat bottom. Add the steak strips and cook until browned, 1-2 minutes per side. Transfer to a plate.
1 tbsp virgin coconut oil
- 7 Once steak has been transferred, add more oil to the skillet. Add the asparagus, bell pepper, ginger, and garlic. Cook, stirring frequently, until vegetables are crisp-tender and lightly browned, 2-3 minutes.
1 tbsp virgin coconut oil
- 8 Return beef to the skillet and add green onions and sauce. Cook until sauce is slightly thickened, 1-2 minutes.

9 To serve, place stir fry in a bowl and enjoy!