

Beef Stir Fry

#cooking/recipe

#2019/December#

#cooking/dinner

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Ingredients

Sauce

1/4 cup soy sauce (I used Bragg liquid aminos)
2 tbsp maple syrup or honey
1 tbsp cornstarch
5 garlic cloves, grated
1 inch ginger, grated
1 tsp salt
Ground black pepper, to taste

Beef Stir Fry

2 lbs beef sirloin, cut into 1 inch cubes
3 medium bell peppers, cut into 1 inch pieces
2 large zucchini, cut into quarters
9 oz snap (snow) peas
3/4 cup cashews, unsalted
2 tbsp toasted sesame or avocado oil, divided
3 large green onions, chopped

Process

In a small bowl, whisk together Beef Stir Fry Sauce ingredients and set aside.

In a wok, toast cashews on medium heat until golden brown, stirring occasionally. Transfer to a small bowl and set aside.

Return wok to high heat and add 1 tbsp sesame oil. Add beef and cook until brown and crispy, for about 10 minutes, stirring occasionally. Move beef to a side of the wok and add remaining sesame oil, bell pepper, zucchini and snap peas to the centre of the wok. Cook vegetables for 3-4 minutes, stirring occasionally.

Add cashews, pour sauce and stir. Cook stir fry until vegetables are tender and sauce has thickened, about 3 - 5 minutes, stirring frequently.

Garnish with green onion and serve hot over brown rice, quinoa or noodles of choice.

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: