

Whole30 Steak Stir Fry

🕒 Prep: 15 min Cook: 15 min Total: 30 minutes

👤 Servings: 5 servings

1x	2x	3x
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INGREDIENTS

For the Stir Fry:

- 1½ pounds thinly sliced round bottom steak (or skirt steak)
- 2 Tbsp. avocado or olive oil
- 1 Tbsp. minced garlic
- 1 cup sliced mushrooms
- 3 green onions, chopped in 1-inch pieces
- 1 cup snap peas (or snow peas)
- 1 sliced red pepper
- ¾ cup water chestnuts
- Salt and pepper to taste

For the Sauce:

- ¼ cup coconut aminos
- 1 Tbsp. sesame oil
- ½ fresh lime, juiced
- ½ Tbsp. minced ginger
- 1 tsp. onion powder
- ½ tsp. salt
- ½ tsp. pepper

INSTRUCTIONS

1. Mix all sauce ingredients in a medium bowl. Add the sliced beef and set aside.
2. Add avocado oil to a large skillet over medium-high heat. Once hot, add the beef with the sauce in an even layer and cook 3 minutes on each side. Remove the beef and set aside.
3. Let the liquid simmer in the skillet for about 1 minute to reduce down. Add the minced garlic, green onion and mushrooms to the skillet and cook for 3 minutes until lightly sautéed.
4. Add snap peas, red pepper and water chestnuts to the skillet and additional coconut aminos if needed. Continue cooking for 3-4 minutes, stirring frequently, until fork tender.
5. Place beef back into the skillet, stir to combine and evenly coat and cook another 2 minutes until beef is hot.
6. Remove from heat and enjoy! You can serve it over cauliflower rice, greens, zoodles or if not on a Whole30, white rice is also an option.

NOTES

*Recipe note: Beef doesn't need to be completely cooked through before removing it from the pan. It will get added back in at the end and cooked thoroughly.

NUTRITION INFORMATION

Serving Size: 1/5 of recipe **Calories:** 340 **Fat:** 14g **Sodium:** 550mg **Carbohydrate:** 10g
(**Fiber:** 2g **Sugar:** 5g) **Protein:** 40g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free High Protein Nut-free Paleo Whole30

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