



Beef, mushroom & greens stir-fry

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp oyster sauce
- ☐ 2 tbsp soya sauce dark
- ☐ 1 tbsp vegetable oil
- ☐ 400 g beef rump steak thick thinly sliced
- ☐ 4 servings finger-tip length root ginger fresh chunk chopped
- ☐ 300 g spring greens sliced
- ☐ 150 g pack chestnut mushroom sliced

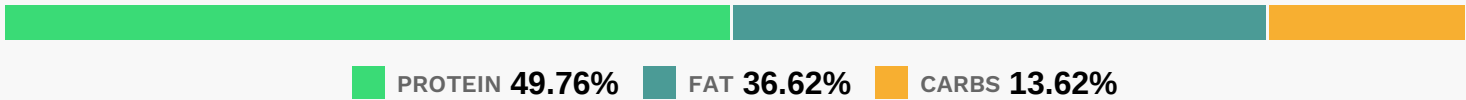
Equipment

☐ wok

Directions

- ☐ Mix the sauces together and set aside.
- ☐ Heat a wok until smoking hot, add 1 tsp oil, then stir-fry the meat until browned all over. You may need to do this in 2 batches, adding a little more oil.
- ☐ Remove the meat, then wipe the wok clean.
- ☐ Add a little more oil. Stir-fry the ginger until golden, then add the spring greens and mushrooms. Cook for 3 mins, stirring often, then add the steak and soy sauce mixture. Cook for 3-4 more mins until the sauce has thickened a little and everything is warmed through.
- ☐ Serve over rice or noodles.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:17.709565097871%

Nutrients (% of daily need)

Calories: 201.49kcal (10.07%), Fat: 8.18g (12.58%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.46g (2.35%), Sugar: 0.83g (0.92%), Cholesterol: 61mg (20.33%), Sodium: 1073.15mg (46.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.02%), Selenium: 36.43µg (52.04%), Vitamin B3: 9.89mg (49.46%), Vitamin B6: 0.73mg (36.32%), Zinc: 4.77mg (31.81%), Phosphorus: 295.59mg (29.56%), Vitamin B12: 1.3µg (21.69%), Vitamin B2: 0.36mg (21.47%), Vitamin C: 17.52mg (21.23%), Potassium: 676.1mg (19.32%), Copper: 0.34mg (17.06%), Vitamin A: 852IU (17.04%), Iron: 2.51mg (13.95%), Folate: 54.67µg (13.67%), Vitamin B5: 1.35mg (13.45%), Manganese: 0.24mg (11.83%), Magnesium: 39.81mg (9.95%), Vitamin B1: 0.13mg (8.45%), Vitamin K: 7.55µg (7.19%), Calcium: 52.38mg (5.24%), Vitamin E: 0.62mg (4.11%), Fiber: 0.39g (1.56%)