

DINNER

# Stir-Fry in a Bun

16 September 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 35 min     | 15 min | 20 min | 4      | \$2.67      | 261 kcal |



You can never have too many main course recipes, so give Stir-Fry in a Bun a try. One portion of this dish contains roughly 29g of protein, 8g of fat, and a total of 301 calories. For \$2.67 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals. This recipe serves 4.

## Ingredients

- ☐ 1 cup bean sprouts
- ☐ 2 carrots, peeled and cut on the bias into 1/4-inch pieces, approximately 1 cup
- ☐ ½ teaspoon Cornstarch slurry (mix cornstarch with 1/2 teaspoon water)
- ☐ 1 tablespoon minced ginger
- ☐ 1 package Hawaiian sweet dinner rolls (12 to 16 rolls)
- ☐ 1 tablespoon canola oil
- ☐ 3 celery stalks, cut on the bias into 1/4-inch pieces, approximately 1 cup
- ☐ 1 tablespoon minced garlic
- ☐ ½ bunch green onions, julienned for garnish
- ☐ 1 tablespoon hoisin sauce

☐ 1 red bell pepper, cut into 1/2-inch strips, approximately 1 cup

☐ ¼ cup sake

☐ 3 tablespoons soy sauce

☐ 1 red onion, cut into 1/4-inch pieces, approximately 1 cup

☐ ¼ teaspoon sesame oil

☐ 1 pound top sirloin, slightly frozen, then cut into 1/4-inch slices, cut against the grain

EQUIPMENT Frying pan, Oven, Aluminum foil, Wok

## Method

- 1 Watch how to make this recipe.
- 2 In a large saute pan, or wok, add oil over high heat.
- 3 Add in garlic and ginger, cook for 10 to 15 seconds.
- 4 Add sirloin and saute, stirring frequently until just cooked through, approximately 1 minute. Stir in carrots, celery, red bell peppers and red onions sauteing briefly, 1 minute.
- 5 Add in sake to deglaze, then add in soy, hoisin and cornstarch slurry. Continue to stir on high heat for about 30 seconds. Stir in bean sprouts and sesame oil to combine and remove from heat.
- 6 Steam or heat rolls in a warm 250 degree F oven, tightly wrapped in foil for 8 minutes.
- 7 Take rolls, 2 at a time, and leaving them attached, gently split open and fill with approximately 3/4 cup of stir-fry mixture.
- 8 Garnish with green onions and serve immediately.

### Nutrition per serving

| 261           | 29 g    | 8 g | 14 g                         |
|---------------|---------|-----|------------------------------|
| KCAL          | PROTEIN | FAT | CARBS                        |
| Saturated Fat |         |     | 1.9 g · 12% of daily needs   |
| Fibre         |         |     | 2.8 g · 11% of daily needs   |
| Sugar         |         |     | 6.5 g · 7% of daily needs    |
| Sodium        |         |     | 912 mg · 40% of daily needs  |
| Cholesterol   |         |     | 67.1 mg · 22% of daily needs |
| Vitamin C     |         |     | 46.7 mg · 57% of daily needs |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/stir-fry-in-a-bun-142903](https://whatsheate.com/stir-fry-in-a-bun-142903)