

INGREDIENTS Tick

- 1 tablespoon of olive oil
- 300g sliced beef
- 1 pepper sliced & onion diced
- 50g mushroom
- 1/2 teaspoon of chilli powder,
1 clove of garlic
- 1 tablespoon of honey & soy
sauce
- 1 boil in the bag rice

Ingredients



SERVES 2



Calories: 457
Fat: 4.1g
Carbs: 72.8g
Protein: 34.4g

To guide you through some of the recipes videos are available online at:

www.loafcatering.com/video



If you are interested in joining Loaf Cookery Club and would like more information you can call us or visit our website for more details:

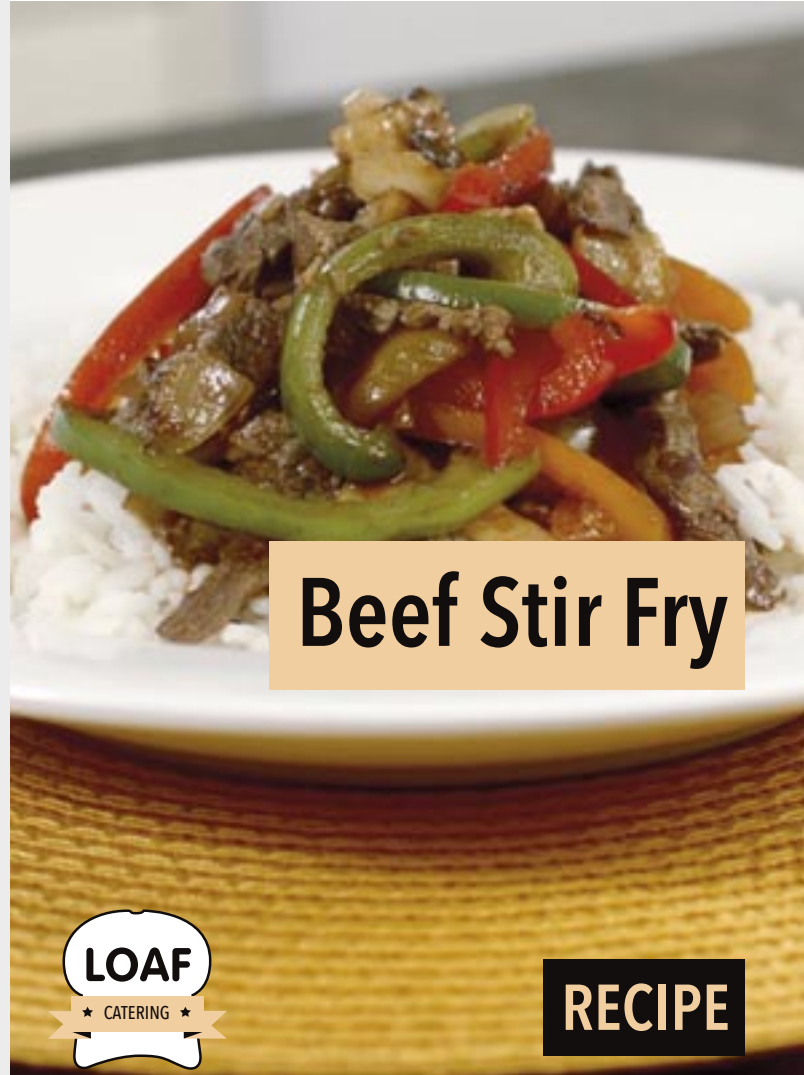
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FOOD WITH PURPOSE

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Beef Stir Fry



RECIPE

METHOD: Beef Stir Fry

STEP 1

Place rice to boil in a saucepan of water for ten minutes



STEP 3

Heat 1 tablespoon of olive oil in the pan over a medium heat. Add the vegetables to the pan to soften, cook for 2 minutes



STEP 5

Sprinkle chilli powder over the vegetables & beef, stir, then add the honey & soy sauce



STEP 2

Slice peppers, mushrooms & dice the garlic & onion. **TOP TIP:** You can buy pre diced onions & garlic puree



STEP 4

Add the beef to the vegetables & cook until beef is browned



STEP 6

Drain the rice & serve beef & veg on top of rice & enjoy

