

Pepper Steak

Ingredients

- ✓ 12 oz. (340g) round beef, trimmed
- ✓ 4 tsp. plus 3 tbsp. soy sauce
- ✓ 1 tbsp. rice wine
- ✓ 3 tsp. buckwheat flour
- ✓ 2 tsp. coconut oil
- ✓ 1 large onion, sliced into strips
- ✓ 1 red bell pepper, sliced into strips
- ✓ 1/2 tsp. black pepper
- ✓ crushed red pepper flakes, to taste



Procedure

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tablespoon of rice wine, 1 teaspoon of buckwheat flour and season with freshly ground black pepper.
2. In a small bowl, mix 3 tablespoons of soy sauce, 1 tablespoon of water and 2 tsp. buckwheat flour, then set aside.
3. Heat 1 teaspoon of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.
4. Add the remaining 1 teaspoon of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
5. Serve with rice (not included in nutrition info per serving).
6. Store in the fridge for up to 4 days.

Serves 4

Preparation/Cook Time and Macros Breakdown

| Prep | Cook | Calories | Fats(g) | Carbs(g) | Protein(g) |
|--------|---------|----------|---------|----------|------------|
| 5 mins | 10 mins | 187 | 6 | 12 | 22 |