



Body

Mind

Recovery

Nutrition

## Beef Udon Stir Fry

Dairy Free

Meal Prep/Freezer Friendly

Under 30 Minutes

Nut Free

High Protein

Serves  
4

Prep Time  
10 minutes

Cook Time  
10 minutes



### Ingredients

For the Stir Fry:

- 14 oz. (400g) dried udon noodles
- 2 tbsp. coconut oil
- 8.8 oz. (250g) beefsteak, cut in thin slices
- 1 tbsp. garlic, chopped
- 1 onion, sliced
- 3.5 oz. (100g) shitake mushroom, sliced
- 2 bokchoy, cut in thin slices
- 2 green onions, sliced

For the Sauce:

- 2 tbsp. mirin
- 2 tbsp. light soy sauce
- 1 tbsp. dark soy sauce
- 1 tbsp. coconut sugar



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**Calories**  
428

**Fats**  
15 g

**Protein**  
22 g

**Carbs**  
53 g

## Instructions

1. Prepare the udon noodles according to instructions on the packaging.
2. Mix all the sauce ingredients in a bowl and set aside. Season the beef with 1 tablespoon of the stir fry sauce mix.
3. Heat the coconut oil in a large skillet or wok over medium-high heat, add the beef and cook for 2-3 minutes. Push the beef to one side, add the garlic and onion cooking for a few seconds and then add the mushrooms. Cook for a further 1 minute, then add the bok choy and toss well.
4. Next, add the cooked udon noodles and the remainder of the stir fry sauce. Cook for 2 minutes until all ingredients are well combined.
5. Turn off the heat and sprinkle over the green onions. Divide the stir fry between 4 bowls and serve immediately.