



 Body

 Mind

 Recovery

 Nutrition

## Mongolian Stir Fried Beef



Dairy Free



Gluten Free



Meal Prep/Freezer Friendly



Under 30 Minutes



Nut Free



High Protein



Serves

4



Prep Time

5 minutes



Cook Time

10 minutes



### Ingredients

1 ½ (680g) New York strip steaks, thinly sliced  
salt & pepper  
3 tbsp. cornstarch  
2 tbsp. olive oil, divided  
3 cloves garlic, minced  
1 tbsp. ginger, grated  
⅓ cup (80ml) tamari  
⅓ cup (80ml) water  
½ cup coconut sugar  
2 green onions, sliced  
1 tsp. sesame seeds, toasted  
steamed rice for serving



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## Instructions

1. Season the steak with salt and pepper, then toss in cornstarch until evenly coated. Set aside.
2. Heat 1 tablespoon of the oil in a large pan over medium-high heat. Add garlic and ginger and sauté for 1 minute. Add tamari, water and sugar and bring to a boil, stringing until sugar dissolves. Transfer the sauce into a bowl or jar set aside.
3. Place the pan back over the heat and add remaining oil. Sear the steak until evenly browned on both sides, 1 to 2 minutes per side.
4. Transfer the sauce back into the skillet and stir together with the beef. Simmer for 1-2 minutes to allow the sauce to thicken.
5. Add in green onion and continue to cook for 1 more minute. Serve over cooked rice.