



## TERIYAKI BEEF STIRFRY

Having this stir fry on carrot noodles is a wonderful way to get lots of cooked vegetables into you and simultaneously cut back on your carbohydrates. Both important elements of a Nutritional Balancing program. Be sure to time the beef strips whilst they stir fry otherwise you will end up with chewy, overcooked meat and this will ruin the meal. If you don't have six mouths to feed, cook up the big batch anyway, and you'll have delicious lunches on hand when you need them.

Serves 6

Ingredients:

- 500-750g beef round steak, sliced into thin strips
- 1tbsp arrowroot or tapioca flour, mixed with 1tbsp cold water
- ½ cup or tamari
- 2 tbsp ACV vinegar
- ¼ cup water
- 1 tsp grated fresh or powdered ginger
- Nob of butter and splash of grapeseed oil/ other high smoke point oil
- 1 onion, thinly sliced
- 1-2 cups broccoli, cut into small florets/ thinly sliced stems
- 2 celery stalks, sliced finely
- 1-2 cups cauliflower, cut into small florets/ thinly sliced stems
- 1-2 cups snow peas or beans cut into 2cm pieces
- 3 garlic cloves, crushed
- 5 medium carrots, julienne peeled into noodles

Method:

1. Mix the arrowroot or tapioca flour with the 1 tbsp cold water in a small bowl. Add the tamari, ACV, water and ginger and mix well. Place the beef strips into the mix and set aside to marinate for 10-60 minutes, depending on how much time you have available.
2. Whilst it is marinating, prepare all of your vegetables.
3. Heat your large stainless steel wok up to a high temperature and add the butter and high smoke point oil. Once heated, place in the beef strips and stir-fry them in 2-3 batches, for 2-3 minutes each. Time it! If you cook them too long, or on too low heat, or have too many strips in the wok at a time, they will turn out chewy. This makes or breaks the meal. Put the left over marinade aside for Step 6.

4. Take beef out of the wok and set aside. Now put all the remaining vegetables except the carrot noodles, into the wok over high heat and stir fry them until they are tender. I like to add a little boiled water from the kettle to enable them to cook a bit more, as I like them cooked, not crispy.
5. Whilst they are cooking, pop boiled water into a saucepan large enough to hold all your carrot noodles. Cook them in the boiled water for about 15 minutes, or until tender, but not falling apart. Drain and set aside.
6. Once your mixed vegetables are cooked in the wok, add the cooked beef strips along with the left over tamari marinade and stir through til heated (2 minutes).
7. You can either stir the carrot noodles through in the wok, or put the carrot noodles on plates first, and then add the beef and mixed vegetables on top.

Enjoy this delicious Nutritional Balancing meal. You can make the big six serve amount and then freeze left-overs in serve size portions for easy reheatable lunches. You can use whatever vegetables you like. I change the vegetables depending on what is growing in the veggie patches, and what is in season.

Enjoy!