

## STIR FRIED BEEF WITH SPINACH

**Preparation Time:** 5 – 10 minutes depending on the amount

**Cooking Time:** 5 – 10 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
<b>Ingredients:</b>				
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Soy sauce, low sodium	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Garlic, crushed	1 Clove	2 Cloves	3 Cloves	4 Cloves
Beef, cut in strips	1 Medium	2 Medium	3 Medium	4 Medium
Spring onions, chopped	2 Medium	4 Medium	6 Medium	8 Medium
Baby spinach	¼ Packet	½ Packet	¾ Packet	1 Packet

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Instructions:

- Heat the oil in a wok, and add the soy sauce, garlic, and beef.
- Cook until browned, but not cooked through, and remove from pan. Add the spring onions and spinach and stir over high heat for 30 seconds.
- Serve and enjoy.

### Tips to Reduce Preparation & Cooking Time:

- Buy already crushed garlic.
- Buy beef fillets that have already been cut into strips in order to decrease preparation time.

Stir Fried Beef with Spinach - Analysis per Serving	
<b>Energy:</b>	
Calories (kcal):	207
<b>Protein (g):</b>	18.4
<b>Total Fat (g):</b>	13.6
Saturated Fat (g):	3.3
Monounsaturated Fat (g):	8.1
Polyunsaturated Fat (g):	0.9
<b>Omega-3's (g):</b>	0.1
<b>Cholesterol (mg):</b>	50.0
<b>Carbohydrates (g):</b>	3.4
Of which is sugars (g):	0.0
<b>Fiber (g):</b>	1.0