

CALORIE CONTROL RECIPES

MAINS

Teriyaki Beef – serves 4

1 tbsp olive oil
1 clove garlic, crushed
1 onion, sliced
1 tsp ginger, grated
1 tsp chilli, chopped
500 g rump steak, trimmed and sliced
15 snow peas, chopped in half
3 stalks celery, sliced
3 baby bok choy, quartered
1 cup bean sprouts
½ cup teriyaki sauce
1 tbsp sesame seeds

heat oil in a wok or large frying pan. Add garlic, onion, ginger and chilli, cook until onion is soft. Add the steak to the pan and stir fry for about 2-3 minutes until browned. Stir in the sauce and sesame seeds, cook for another 1 minute. Add snow peas, celery, baby bok choy and bean sprouts, stir through until cooked to desired doneness. If desired, serve with brown rice.