

# HEALTHY BASIL BEEF & BEAN STIR FRY RECIPE



☰ Prep: 15 mins  
🕒 Cook: 15 mins  
🍴 Servings: 2  
★ ★ ★ ★ ★

## Ingredients

- ▲ 1 clove garlic, finely chopped
- ▲ 1 tsp fresh ginger, grated
- ▲ 1 tbs reduced-salt soy sauce
- ▲ to taste pepper
- ▲ spray olive or canola oil spray
- ▲ 1/2 onion, sliced
- ▲ 1/2 cup rice (uncooked)
- ▲ 200 g lean beef, sliced
- ▲ 1 cup broccoli, cut into florets
- ▲ 1 cup frozen green bean
- ▲ 1 400 g can baby corn spears, drained
- ▲ 2 tbs hoisin sauce
- ▲ 1/4 cup basil leaves

## Method

1. Mix garlic, ginger and soy in a small bowl; season with black pepper. Add beef, stir to coat and set aside to marinate.
2. Prepare rice according to packet instructions.
3. Spray a non-stick wok or large frypan with oil and heat. Cook beef for 2 minutes over high heat until browned. Do not discard marinade. Set the beef and any pan juices aside in a clean bowl.
4. Re-spray pan with oil, add onions and cook till soft. Add beans and broccoli and stir-fry for 2 minutes, until just tender.
5. Add marinade to the pan, cover and cook until vegetables soften but remain bright green.
6. Add in corn, cooked beef, hoisin sauce and basil. Stir-fry until heated through.
7. Serve with rice.

**Comment:** \*If you need this dish to be gluten free, check the ingredients list on the sauces. Some contain gluten.

**Variation:** Try using chicken instead of beef, add a fresh chilli and use sweet chilli sauce instead of hoisin.

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	2066 kJ	360 kJ
	494 Cal	86 Cal
<b>Protein</b>	36 g	6 g
<b>Fat, total</b>	5 g	1 g
— saturated	0.8 g	0.1 g
<b>Carbohydrate</b>	67 g	12 g
— sugars	12 g	2 g
<b>Sodium</b>	1158 mg	202 mg
<b>Fibre</b>	15 g	3 g