

Marinated Beef Stir Fry with Rainbow Vegetables

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-black-cabbage-recipe>

Ingredients:

- 5 1/16 tablespoons dark soy sauce
- 5 1/16 tablespoons rice vinegar
- 2 tablespoons oyster sauce
- 1 tablespoon tomato puree
- 5 1/3 tablespoons caster sugar
- 1 red chilli finely diced
- 2 garlic cloves finely diced
- 13/16 inch fresh ginger finely diced
- 1 pinch black pepper
- 2 sirloin steaks medium
- 1 white onion
- 1 red pepper
- 1 yellow pepper
- 1 carrot
- 1 1/8 cups broccoli tenderstem
- 3 1/2 ounces black cabbage
- 1 handful spring onions
- 3 slices red pepper

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 95 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 54 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 2030 milligrams

9. Sugar: 19 grams

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