

Stir Fry Beef and Baby Bok Choy

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/stir-fry-recipe-beef-not-chinese>

Ingredients:

- 200 grams beef thinly sliced
- 1 baby bok choy pkt of, Shanghai Green, chopped
- 2 cloves garlic minced
- soy sauce to taste
- 1/4 cup oyster sauce
- pepper to taste
- 2 tablespoons cooking oil
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 35 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 820 milligrams
9. Sugar: 1 grams
10. TransFat: 0.5 grams

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