FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Beef and red pepper in Black bean sauce



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**585 kcal**

Stuff that's in it:

• 250G Rump Beef (Slcied Into Strips)

• 50G Sugar Snap Peas

• 1 Medium Egg (Whisked)

• 6G Red Chilli (Finely Diced)

• 2 Garlic Cloves (Finely Chopped)

• 100G Red Peppers (Sliced Into Strips)

• 100G Basmati Rice (Boiled, Then Cooled)

• 5Ml Groundnut Oil

• Black Bean Sauce ((I Used Sharwoods))

• 1 Tsp Fresh Ginger (Finely Sliced)

• 15Ml Soy Sauce Reduced Salt (Half For Beef, Half For Egg Fried Rice)

• Juice Of Half A Lime

• 10G Fresh Coriander (Chopped)

• 18G Spring Onion (Lighter Part Chopped)

What you do:

Add the oil to a wok or deep fry pan, heat and add the beef strips, stir fry for a minute and add the spring onion, garlic, chilli and sugar snap peas, red pepper and coriander, stir fry again. Add the lime juice and

half soy sauce and continue to stir fry so the beef is brown all over and starting to cook through. Add the black bean sauce, mix through and cook for a few minutes until ready!

Take a second dry pan and heat up. Add the remaining soy sauce and whisked egg and scramble, add all the rice and mix through until piping hot and serve.

Nutrition

- Carbs: 52g
- Fat: 25g
- Protein: 36g

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