

SESAME & GINGER BEEF WITH ZUCCHINI NOODLES



Serves: 4
Prep: 5 mins
Cook: 12 mins



Nutrition per
serving:
242 kcal
12g Fats
10g Carbs
25g Protein



WHAT YOU NEED

- ¼ cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.

