

Beef & Green Beans Pasta In Soy Sauce

Serves 2

4 oz. (120g) whole-wheat pasta
10 oz. (300g) beef steak
4 spring onions
2 cloves garlic
1 tbsp. coconut oil
2 tbsp. soy sauce
½ cup (80ml) beef stock
100g green beans, frozen

What you need to do

1. Cook the pasta according to instructions on the packaging.
2. Cut the beef into thin slices.
3. Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.
4. Heat the oil in a large pan over medium-high heat and cook the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.
5. Add the garlic and spring onions to the same pan and cook for about 3 minutes, until spring onions start to soften.
6. Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta. Stir occasionally for about 2 minutes.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	491	12	53	44

*Nutrition per serving

