



Christy Boston's Kitchen

Website:

www.christybostonskitchen.com

Serves 3

Total Time: 30 mins

Prep: 15 mins

Cook: 15 mins

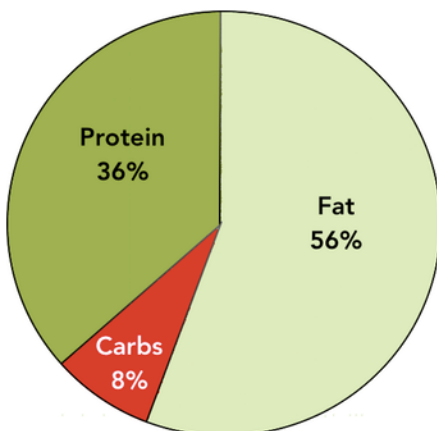
Nutritional Info per serving:

Cal: 517.2, Fat: 31.8g,

Protein: 46.9g, Net Carbs: 10.1g,

Sugar: 5.4g

Macros:



Orange Beef Stir Fry

Ingredients:

- 1 lb. flank steak, cut in half lengthwise
- 3 tablespoons soy sauce
- 2 teaspoons cornstarch
- zest from one large orange
- 1 tablespoon finely chopped fresh ginger root
- 4 tablespoons vegetable oil
- 2 heirloom bell peppers (or 1 red and 1 yellow), cored and julienned
- 1 bunch (about 8) medium scallions cut on the bias into 1-inch pieces
- 4 ounces fresh baby spinach
- 5 ounces sliced bamboo shoots
- 1/4 teaspoon red pepper flakes
- salt and pepper to taste

Directions:

1. Freeze the flank steak halves for about 10-15 minutes. Slice the partially frozen meat across the grain about 1/4 inch thick. Set aside.
2. In a small bowl, whisk together the soy sauce, cornstarch, orange zest, and ginger. Set aside.
3. Heat 2 tablespoons of the oil in a wok or skillet over medium high. Add the meat and stir fry for 4-5 minutes until browned, but not overcooked. Use a slotted spoon to transfer the meat onto a plate lined with paper towels.
4. Add the remaining oil to the wok, then add the peppers and scallions and stir fry for 3 minutes. Add bamboo shoots and red pepper flakes and stir fry for another 2 minutes. Stir in the cornstarch mixture until well incorporated. Lastly, add the spinach and stir fry until the leaves wilt, about 1 minute longer.
5. Return the meat to the wok, season with salt and pepper, and lightly toss until coated with the sauce. Serve immediately over hot rice. Refrigerate any leftovers and serve them the next day. This meal is just as good, if not better, when reheated a day later!