



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### BEAN SPOUT BLITZ

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

1 pound beef sirloin – thinly sliced  
4 cloves garlic – finely chopped or crushed  
1 fresh red chili pepper – finely chopped  
4 cups bean sprouts  
1 bunch fresh cilantro – roughly chopped  
1 bunch fresh basil – sliced or coarsely chopped  
1 tablespoon fish sauce  
2 tablespoons soy sauce

#### **Preparation:**

Mix the sirloin, garlic and chili in a bowl and let stand while preparing the other ingredients.

Preheat a wok or large steel pot on high heat.

Place the beef mixture in the pot using a pair of wooden spoons to toss constantly for one minute.

Add the rest of the ingredients to the pot and continue tossing constantly for two more minutes.

Remove from heat and serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 204

Fat: 7g

Carbs: 6g

Fibre: 2g

Protein: 30g