

BEEF & MUSHROOMS

Time: 20 minutes

Serves: 4

Ingredients:

¼ cup hoisin sauce
3 tablespoons dry sherry
2 tablespoons soy sauce
2 cloves garlic - finely chopped or grated
2 teaspoons fresh grated ginger
4 shallots - sliced
1 pound beef sirloin - thinly sliced across the grain
1 tablespoon grapeseed oil or other neutral tasting oil
1 pound fresh mushrooms - sliced
1 teaspoon toasted sesame oil
6 green onions – greens only – bias cut

Preparation:

Place a heavy wok on high heat.

In a bowl, stir together the hoisin, sherry, soy sauce, garlic, ginger and shallots. Toss the beef in the marinade.

Add the grapeseed oil to the wok and when it just starts smoking, add the beef mixture, stir frying for one minute.

Add the mushrooms to the wok and stir fry for two additional minutes.

Remove the wok from heat. Stir in the sesame oil and serve topped with green onions.

Nutritional Information Per Serving:

Calories: 290
Fat: 14g
Carbs: 13g
Fibre: 2g
Protein: 30g