

Mostly Veggie Steak Stir Fry

INGREDIENTS:

1 lb steak (sirloin, skirt, or flank) thinly sliced into ¼ inch strips against the grain
2 tbsp olive oil
2 cloves minced garlic
2 medium carrots, peeled & thinly sliced
½ lb asparagus, ends trimmed, sliced into 1 inch pieces
1 red bell pepper, cut into thin strips
1 yellow pepper, cut into thin strips
6 oz snap peas
2 tbsp sesame seeds
1 tsp sea or kosher salt
1 tsp cracked black pepper

Stir Fry Sauce:

¼ cup coconut aminos
2 tbsp rice vinegar
2 tbsp fresh orange juice
2 tbsp honey
2 tsp sesame oil

PROCESS:

Thinly slice the steak into ¼ inch strips against the grain
Peel and thinly slice carrots
Trim the ends off of the asparagus and then slice the remainder into 1 inch pieces
Cut the red and yellow peppers into thin strips
Combine and whisk stir fry sauce ingredients into a bowl and set aside
Heat a cast iron skillet, wok, or griddle over medium heat
Add 1 tbsp of olive oil and the steak to the skillet and season with salt and pepper
Stir fry the steak for about 3-4 minutes or until charred and medium rare
Remove the steak with tongs and set aside
Add 1 tbsp of olive oil to the skillet and then add and saute the garlic for 1 minute
Add the carrots and asparagus and saute for 3 minutes, stirring frequently
Add the bell peppers and snap peas and stir fry for an additional 3 minutes, stirring frequently
Add the steak back to the skillet along with the stir fry sauce and stir fry for 3 minutes
Remove from heat, stir in sesame seeds, and serve immediately and ENJOY!

From: oursaltykitchen.com

