

Asian Beef strips with Coleslaw

Preparation and Cook Time: 25 min
8 small serves / 4 large serves

Ingredients

1 tsp Sesame oil
400g lean beef strips
2 cloves garlic, finely diced
6cm piece ginger, finely diced
2 tsp honey
2 tsp fish sauce
2 tsp soy sauce
2 limes (juiced)
400g packet Asian coleslaw
2 tbsp dry roasted cashew nuts



Directions

Heat a non stick fry pan or wok to medium heat and add 1 tsp sesame oil
Add the beef strips and half of the garlic, ginger and honey
Stir fry for 5 mins until cooked through
Crush the remaining garlic and ginger to a paste. Add the honey, fish sauce, soy sauce and lime juice to make a dressing
Mix the cooked beef with the coleslaw and cashew nuts
Drizzle with the dressing and serve

Nutrition Information		
	Per small serve	Per large serve
Energy (kJ)	464	928
Fat (g)	5	10
- saturated (g)	1.6	3.2
Protein (g)	11.5	23
Carbohydrate (g)	4	8
Fibre (g)	0.9	1.8