## Pepper Steak

## Serves 4

12 oz. (340g) round beef, trimmed

4 tsp. plus 3 tbsp. soy sauce

1 tbsp. rice wine

- 3 tsp. buckwheat flour
- 2 tsp. coconut oil

1 large onion, sliced into strips

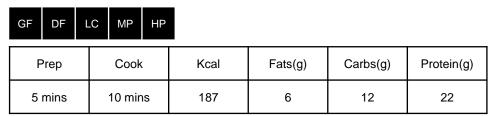
1 red bell pepper, sliced into strips

1/2 tsp. black pepper

crushed red pepper flakes, to taste

## What you need to do

- 1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tablespoon of rice wine, 1 teaspoon of buckwheat flour and season with freshly ground black pepper.
- 2. In a small bowl, mix 3 tablespoons of soy sauce, 1 tablespoon of water and 2 tsp. buckwheat flour, then set aside.
- 3. Heat 1 teaspoon of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.
- 4. Add the remaining 1 teaspoon of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
- 5. Serve with rice (not included in nutrition info per serving).
- 6. Store in the fridge for up to 4 days.



\*Nutrition per serving



