CHINESE · LUNCH · DINNER

Low-Carb Beef and Broccoli Stir-Fry

30 min · Serves 6 · 300 kcal a serve · Video 6:47 · EN187

No nuts listed

Each serve has about 27 g protein, mostly from lean flank steak, plus a good dose of zinc, and the broccoli supplies over half a day's vitamin C. Xanthan gum and a zero-sugar sweetener replace the usual cornflour and sugar, leaving about 4 g net carbs.

Diet notes: Low carb (3.6 g net carbs) but not keto: 57% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari instead of soy sauce and a gluten-free stock to keep it gluten-free.

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Ingredients 17 · SERVES 6

- [ ] 1.5 lb **flank steak**, cut into ¼-inch strips across the grain
- [ ] 1 tbsp **soy sauce**, for the marinade
- [ ] a little **pink Himalayan salt** (about ½ tsp), for the marinade
- [ ] **black pepper**, for the marinade
- [ ] 2 tbsp **coconut oil**
- [ ] 1 tbsp minced **garlic**
- [ ] 1 tsp minced **ginger**
- [ ] 2 tbsp **butter**
- [ ] 4 cups **broccoli florets**
- [ ] 2 tbsp **water**
- [ ] ⅓ cup **beef stock** (or water with a little beef bouillon)
- [ ] 2 tbsp **soy sauce**, for the sauce
- [ ] **Cooking wine**: 1 tbsp dry vermouth or dry sherry
- [ ] 1 tbsp **sesame oil**
- [ ] 1 tsp **brown-sugar-style sweetener** (erythritol or monk fruit)
- [ ] ¼ tsp **xanthan gum**
- [ ] sliced **green onion**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the flank steak about ¼ inch thick across the grain. Toss with salt, pepper and 1 tbsp soy sauce and leave to marinate while you make the sauce. 1:34
2. Blend or whisk the sauce: stock, 2 tbsp soy sauce, vermouth or sherry, sesame oil, sweetener and xanthan gum until smooth. 2:27
3. Heat the coconut oil in a large pan over high heat and brown the beef. Once most of the liquid has cooked off, stir in the garlic and ginger, then lift the beef out. 4:04
4. Melt the butter in the pan, add the broccoli and 2 tbsp water and cook, stirring, until bright green and just tender but still crisp. 4:56
5. Pour in the sauce, return the beef and simmer a couple of minutes until the sauce thickens and coats everything. Top with green onion. 5:21

Tip Serves 6 as the cook says. Eat it as it is or over cauliflower rice. Sirloin works instead of flank. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
300 kcal	27 g	5.4 g
1,250 kJ	54% of a day	3.6 g net · 1.2 g sugars
		2% of a day

FIBRE	FAT	SODIUM
1.8 g	19 g	740 mg
7% of a day	9.6 g saturated	32% of a day
	24% of a day	

Energy from net carbs 5% · protein 37% · fat 58% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin C 60% · Vitamin K 55% · Selenium 53% · Vitamin B12 50% · Zinc 41% · Vitamin B6 38%

Source of (10–19%) Iron 13% · Folate 12% · Potassium 11% · Magnesium 10%

Recipe and video: EN187 (@EN187Official) on YouTube — youtube.com/watch?v=hF8bP3jdcQA, published 9 April 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-flank-steak-beef-and-broccoli