Steak Stir Fry

This quick and easy to make stir fry can all be done in one pan and in under 10 minutes.

Ingredients

400g frying beef steak, cut into strips

1 large head broccoli, broken into florets

2 handfuls of fresh spinach

Half an onion, chopped finely

2 garlic cloves, crushed

Soy sauce

Method

1. Heat olive oil in a frying pan, add onion and garlic.
2. Season the steak with salt and pepper and stir fry over a high heat for 2-3mins.
3. Add in the broccoli florets and spinach for 2-3mins.
4. Pour over soy sauce and serve.

Top Tip: Can be enjoyed hot or cold so it is a great lunch on the go!