



Ginger Edamame Bowl with Sesame and Wilted Bok Choy

YIELD: 6 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, use only the green part of the green onion, and omit the garlic

INGREDIENTS

1 pound Flank Steaks sliced into narrow strips (can use Chicken or Tofu)

1 Tablespoon Cornstarch

1/2 cup Water

2 Eggs

1 large Carrot, julienned

3 Green Onions, chopped

2 Tablespoon fresh Ginger, minced

5 cloves Garlic, minced

Avocado Oil

3 Tablespoon Soy Sauce

4 Tablespoon Rice Vinegar

1 Tablespoon Sesame Oil

1/4 cup Sugar

1/2 teaspoon Crushed Red Pepper Flakes

2 cup Bok Choy, 1/4 inch slices

3 cup Edamame, seared over very high heat in a large sauté pan with enough avocado oil to lightly coat the bottom of the pan

2 Tablespoon Sesame Seeds

DIRECTIONS

1. Place cornstarch in a large bowl. Add water gradually while whisking. Beat eggs into cornstarch mixture and toss in beef and stir to coat.
2. Pour 1/2 inch of oil into wok, heat until very hot, but not smoking. Add half of the beef to the oil. Separate with a fork and cook, stirring frequently, until browned. Remove beef, drain on paper towel and set aside. Repeat until all the beef is cooked.
3. Drain off any excess oil except for about 1 tablespoon and add carrots, onion, ginger, and garlic in that order. Stir fry briefly over high heat.
4. In a mixing bowl, whisk together the soy sauce, rice vinegar, sesame oil, sugar and crushed red pepper and add to vegetable mixture along with the bok choy. Toss and bring to a boil and then add the beef.
5. Plate or platter the prepared edamame. Top with beef and bok choy mixture and sprinkle with sesame seeds.

Chef tip: Want to swap out the flank steak? Replace with an equal amount of chicken or tofu, cut into 1/2 inch chunks.



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NUTRITION FACTS

Serving size 1 (10.9oz)

Amount Per Serving	308g
Calories	366
	% Daily Value
Total Fat 17.3g	27%
Saturated Fat 3.9g	19%
Cholesterol 252mg	84%
Sodium 231mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	22%
Sugars 13g	
Protein 30g	60%
Vitamin A	96%
Vitamin C	36%
Calcium	15%
Iron	27%

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