

VERSATILE STIR FRY

INGREDIENTS

1 lb of beef, cut into strips

1 cup yellow or green zucchini, sliced and halved

1 cup frozen baby peas

2 cloves of garlic, chopped

2 tablespoons finely chopped ginger

*1 teaspoon (1/2 of a small) seeded fresh hot pepper, chopped fine
(or 1/2 teaspoon dried pepper flakes)*

1/4 cup vegetable oil

2 tablespoons sesame oil

3/4 cup green onions, slivered

1 tablespoon low salt soy sauce

3 tablespoons mirin (Japanese sweet cooking seasoning)

150g rice vermicelli (uncooked)

2 tablespoons toasted sesame seeds

PREPARATION: 25 MINUTES

COOKING: 10 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

(1/4 of recipe with beef)

Renal exchange:

3 Protein + 3 Starch + 1/2 Vegetable

Calories **555kcal**

Protein **29g**

Carbohydrates **46g**

Fibre **3.9g**

Total Fat **26g**

Saturated Fat **3.5g**

Cholesterol **56mg**

Sodium **318mg**

Potassium **439mg**

Phosphorus **268mg**

PREPARATION

- 1 Put 2 quarts water to boil.
- 2 Cut and prepare vegetables and meat, being careful to cut vegetables before raw meat if using the same cutting board.
- 3 In a deep pan or flat bottom wok, warm half the oils until hot and add meat, garlic, ginger and hot peppers (optional), searing quickly on all sides.
- 4 Remove with slotted spoon and keep warm nearby. Add the remaining oil to the pan, heat and add zucchini, peas and green onions and cook for 3 minutes, tossing or stirring frequently.
- 5 Return meat and spice mixture to pan and add soy sauce and mirin, cook an additional 2 minutes.
- 6 Meanwhile cook noodles in boiling water according to directions. Toss meat and vegetables with noodles and sprinkle with sesame seeds. Serve immediately. (This is also a nice topping for basmati rice).

SUGGESTION

Recipe can easily be halved. Instead of beef you can use stripped pork loin, chicken or shrimp.

