



SPICY PEPPER SIRLOIN STIR-FRY

HIGH PROTEIN • QUICK • BOLD FLAVOR

Tender sirloin, colorful peppers, and a peppery sauce create a quick, satisfying stir-fry with more than 50 grams of protein per serving.

4	PREP	COOK	TOTAL
SERVINGS	PREP TIME	COOK TIME	TOTAL TIME
4	15 mins	15 mins	30 mins

INGREDIENTS

- 1 large onion, thinly sliced
- 32 oz lean sirloin steak, all excess fat trimmed
- 1 Tbsp vegetable oil, divided
- 1 bell pepper, thinly sliced
- 3 tsp cornstarch
- 1 tsp crushed black pepper
- 4 Tbsp reduced-sodium soy sauce, divided
- 2 Tbsp rice wine vinegar
- 1 tsp crushed red pepper flakes
- 1 Tbsp water

EQUIPMENT

- Wok or large skillet
- Cutting board and chef's knife
- Two mixing bowls
- Spatula or wok turner

INSTRUCTIONS

- 1 Cut sirloin across the grain into thin, bite-sized strips. Toss with 1 Tbsp soy sauce, vinegar, 1 tsp cornstarch, and black pepper until evenly coated.
- 2 Whisk the remaining 3 Tbsp soy sauce, water, and remaining 2 tsp cornstarch in a small bowl. Set aside.
- 3 Heat a wok over high heat. Swirl in 2 tsp oil. Spread sirloin in one layer; sear without stirring for 30 seconds. Toss and cook another 2-3 minutes, until browned. Transfer the beef to a clean plate.
- 4 Add the remaining 1 tsp oil. Stir-fry onion and bell pepper for 4-5 minutes, until crisp-tender. Return beef to the wok; add sauce and red pepper flakes. Toss for approximately 1 minute, until lightly thickened. Serve.

NUTRITION INFORMATION (PER SERVING — ¼ RECIPE)

CALORIES	PROTEIN	CARBS	FAT	FIBER
≈425 kcal	≈55 g	≈13 g	≈16 g	≈2 g

MACRONUTRIENT PROFILE



Protein 53% • Carbs 13% • Fat 35%

Percentages are approximate and may not total 100%.

TIPS

- Slice against the grain for tenderness.
- Cook in batches if the wok is crowded.
- Serve immediately for the best texture.

RECIPE NOTES

This protein-rich entrée supports muscle maintenance. Pair with brown rice and extra vegetables for a more fiber-rich meal.

INGREDIENT SWAPS

- Use avocado oil for high-heat cooking.
- Choose tamari for a gluten-free option.
- Adjust red pepper flakes to taste.

* Nutrition information is not confirmed and is based on general analysis of the recipe. Actual values may vary by ingredients, brands, trimming, and portions.