

Gluten Free Beef and Pepper Stir Fry



Preparation time

10 minutes



Cooking time

20 minutes



Makes

2

Recipe Description

Ingredients

175g Glutafin Gluten Free Fibre Fusilli
 1 tbsp mild and light olive oil
 1 clove garlic (crushed)
 110g lean sirloin or rump steak, cut into matchstick slivers
 50g fine green beans, trimmed and halved
 1/2 red pepper, finely sliced
 6 baby plum tomatoes, halved
 50g mixed canned beans, e.g. adzuki, pinto, kidney bean
 50g pitted black olives

Finishing

1 tbsp sun dried tomato paste or red tomato pesto
 1 tbsp balsamic vinegar
 4 - 6 leaves of fresh basil, chopped

Method

1. Cook the pasta in a large pan of fast boiling water following the instructions on the pack. Add the fine green beans to the pan for the last 5 minutes of cooking. Drain and set aside in colander.
2. Meanwhile, using a wok or large frying pan, stir fry garlic and steak slivers in the olive oil over a high heat for 2 -3 minutes to brown the meat.
3. Add the red pepper strips and cook for a further 2 – 3 minutes.
4. Add the tomatoes and cook for 2 – 3 minutes until they just start to lose their shape.
5. Add remaining ingredients including the dressing and cook for a further 2 minutes before gently adding the cooked pasta and green beans.
6. Heat through and serve.

Additional Equipment

Wok or large frying pan

Nutritional Information

	Per 100g	Per Serve
Energy (kcal)	135	532

Carbohydrate (g)	19.7	77.8
Sugar (g)	2.7	10.5
Fat (g)	3.5	13.8
Saturated Fat (g)	0.8	3.0
Protein (g)	5.9	23.2
Fibre (g)	1.3	5.2
Salt (g)	0.5	2
Calcium (mg)	14	55