



Ashley's Meal Prep Monday!



Steak Fried Rice

INGREDIENTS

3 TBSP coconut aminos
2 TSP rice vinegar
1 TSP ginger paste
1 TSP coconut sugar
12 oz sirloin steak, diced
into bite size
salt/pepper
2 TBSP avocado oil
½ yellow onion, diced
2 cloves garlic, minced
1 cup carrots, diced
¼ cup frozen peas, thawed
3 cups jasmine rice,
cooked/cooled
1-2 eggs, whisked
green onion for topping



Combine coconut aminos, rice vinegar, ginger and coconut sugar in a small bowl and whisk - set aside. Season the steak with salt and pepper and toss to coat.

Using a large pan, heat the oil over med. heat. Add steak in one layer and allow to cook for 2-3 min. on each side until lightly crispy and cooked through. Set aside with a cover to keep warm.

Add onion and garlic to the pan and saute for 3 min. Add peas and carrots and season with salt/pepper and continue to stir until veggies are tender - about 4 min.

Push veggies to the side and add in rice, breaking up any clumps and pushing down into an even layer. Allow to sit for a few min to crisp up the rice. Stir to saute adding in the veggies. Move rice to one side and pour whisked egg into the empty space, scrambling to cook and then stir into the fried rice.

Add the steak and the sauce and stir to combine. Serve topped with green onion and season further with salt/pepper

Recipe idea: unboundwellness.com

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