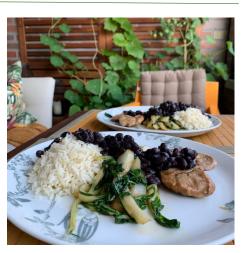
FILLET STEAKS IN SOY SAUCE

2 persons / 536 kcal per serving

Ingredients:

- 130 grams white rice
- ½ package of fillet steaks a la minute (~180 grams)
- 2 tablespoons Japanese soy sauce
- 200 grams black beans (130 grams drained weight)
- 2 tablespoons (olive) oil
- ¹/₂ bush pak choi



Preparation: Cook the rice according to package directions. Cut the stems and the leaf of the pak choi into strips. Pat the meat dry with kitchen paper and brush with 1 tablespoon of soy sauce. Place the beans with the liquid in a saucepan and heat over low heat for 10 minutes. Meanwhile, heat 1 tablespoon of oil in a wok and fry the fillet steaks for 3 minutes. Turn halfway through. Take out of the pan and keep warm in aluminum foil. Add 1 tablespoon of oil to this same pan and stir fry the pak choi for 2 minutes. Season with the rest of the soy sauce. Divide the rice, pak choi and the meat over 2 plates. Drain the beans in a sieve and scoop over the dish.

Nutritional value per portion:

Energy:	536 kcal
Protein:	33.1 grams
Carbohydrates:	60.7 grams
 including sugars: 	2.0 grams
Fat:	16.1 grams
Fiber:	1.8 grams
Salt:	1.6 grams

