

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
- ½ 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:

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|---------------------|------------|
| 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 |