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## Skillet with Sirloin

A delicious skillet dish made with sirloin steak. The steak is cooked to perfection and served with a flavorful sauce and vegetables.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	sirloin steak
<b>2 tbsp</b>	olive oil
<b>3 cloves</b>	garlic
<b>1 medium</b>	onion
<b>1 medium</b>	bell pepper

<b>4 tbsp</b>	soy sauce
<b>2 tbsp</b>	honey
<b>1 tbsp</b>	cornstarch
<b>1 c</b>	Water
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

## Directions

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### Step 1

#### Cutting

Slice the sirloin steak into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

#### Sautéing

Heat olive oil in a skillet over medium heat. Add garlic, onion, and bell pepper. Cook until vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Stir-frying

Push the vegetables to one side of the skillet and add the sliced sirloin steak. Cook until steak is browned.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 4

#### Mixing

In a small bowl, whisk together soy sauce, honey, cornstarch, water, salt, and black pepper. Pour the sauce over the steak and vegetables. Cook until the sauce thickens.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 5

#### Serving

Serve the skillet with sirloin hot with rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Events

Picnic

### Course

Main Dishes

Drinks

Salads

Sauces & Dressings

### Cooking Method

Steaming

Cut

Serving

Cooking

None

Stir-frying

Preheating

Refrigerating

Cooling

Stove

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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