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Chicken and Beef Stir-Fry ♦

A delicious stir-fry dish made with chicken and beef, served with rice or noodles. This dish is packed with flavors and is perfect for a quick and easy weeknight dinner.

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

250 g	chicken breast
250 g	beef sirloin
4 tbsp	soy sauce
2 tbsp	vegetable oil
3 cloves	garlic
2 tsp	Ginger

2 pieces	Bell peppers
1 medium	onion
200 g	broccoli
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Cut

Slice the chicken breast and beef sirloin into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grinding

Mince the garlic and ginger.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Heating

Heat the vegetable oil in a large skillet or wok over medium-high heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stir-frying

Add the minced garlic and ginger to the skillet and cook for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stir-frying

Add the chicken and beef to the skillet and cook until browned, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stir-frying

Add the bell peppers, onion, and broccoli to the skillet and cook for 3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Stirring

Add the soy sauce, salt, and black pepper to the skillet and stir to combine.

Prep Time: 0 mins

Cook Time: 1 mins

Step 8

Stir-frying

Cook for an additional 2 minutes, or until the vegetables are tender-crisp.

Prep Time: 0 mins

Cook Time: 2 mins

Step 9

Serving

Serve the stir-fry hot with rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	700 mg	20.59%	26.92%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Italian Middle Eastern

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Cooking Method

Frying Boiling Sautéing Cut Mixing Plating Serving Cooking
None Stir-frying Mashing Heating Oven

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis

Meal Type

Lunch Supper Dinner

Difficulty Level

Medium

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