

## Ingredients

1 Tbsp (15 ml) Honey  
1 Tbsp (15 ml) Dijon mustard  
1 Tbsp (15 ml) low-sodium Soy sauce  
1 Tbsp (15 ml) Sesame oil  
1 Tbsp (15 ml) Ginger, minced  
1 Tbsp (15 ml) Garlic, minced  
3 Tbsp (45 ml) Canola oil  
½ pound (250 grams) round or sirloin Steak, partially frozen  
½ cup (125 ml) Onion, cut in strips  
½ cup (125 ml) Red Pepper, cut in strips  
1 cup (250 ml) Broccoli, cut into pieces  
1 cup (250 ml) white Rice, cooked

## Instructions

1. In a small bowl, whisk together honey, low-sodium soy sauce, Dijon mustard, sesame oil, garlic and ginger. Set aside.
2. Using a sharp knife, cut the steak into thin strips, across the grain. Place strips in a bowl and toss with 1 Tbsp (15 ml) of the sauce (from step 1). Set aside to marinate beef at room temperature for 15 minutes.
3. In a wok or non-stick frying pan, heat 2 Tbsp (30 ml) Canola oil over high heat until the oil is just beginning to smoke. Add beef and stir-fry for 5 minutes. Remove with a slotted spoon and set aside.
4. Add the remaining oil to the wok and heat on high heat. Add the onion, red pepper and broccoli and stir-fry for 2-3 minutes. Add the reserved sauce; bring to a boil and cover. Steam for 1-2 minutes.
5. Return beef to pan and heat through.
6. Serve over ½ cup white rice.

Makes 2 servings

1 Serving = 3 protein, 3 starch, 1 low potassium vegetable

