

Lean & Green

We make healthy eating second nature

ENOKI MUSHROOM BEEF PARCELS

No. of servings: 4

Per serving: 1 lean | 3 green | 1 healthy fat |
3 condiments

Total Time: 30 minutes

Cuisine: Japanese

Contains: Gluten, Soy, Meat, Fish

INGREDIENTS

400g enoki mushroom, remove the roots

450g lean beef (tenderloin), thinly sliced

2 tbsp canola oil

1/2 medium (8g) scallion or spring onion, trimmed and cut into 3cm long pieces

4 tbsp (60mL) Japanese-style sesame sauce

4 cups (190g) shredded lettuce, cos or romaine, raw

DIRECTIONS

1. Place a small bunch of enoki mushroom onto a slice of beef and roll it up.
2. Heat oil in pan. Pan-fry the beef parcels on medium heat for 1½ minutes each side until cooked.
3. Turn off the heat and garnish with scallions or spring onions. Serve hot with sesame sauce and lettuce.

Per serving: 290 calories, 28g protein,
13g carbohydrate, 15g fat



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