



Mann's Spicy Thai Nourish Bowl with Stir-Fry Beef

Servings

1

Calories

590

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 Mann's Spicy Thai Nourish Bowl
- 4 teaspoons vegetable oil or refined coconut oil
- 4 ounces beef strips, or steak cut into thin strips
- 1 red chili, deseeded and finely sliced or 1 tablespoon red chili paste or ½ teaspoon crushed red pepper
- 2 tablespoons oyster sauce
- 1 teaspoon ginger, minced
- handful of basil leaves



The Method

Prepare Mann's Spicy Thai Nourish Bowls according to instructions on package.

While microwaving the veggie noodles, heat a wok or small frying pan until smoking hot. Pour in the oil and swirl around the pan, then tip in the beef strips and chili. Sauté, stirring constantly, until the meat is lightly browned, about 3 mins, then pour over the oyster sauce and add the ginger. Cook until heated through and the sauce coats the meat. Set aside.

Finish preparing the Mann's Spicy Thai Nourish Bowl. Then, stir in the basil leaves and top with stir-fry beef. Enjoy!

Nutrition Facts

Serving Size: 486g | Servings: 1

Amount Per Serving

Calories 590 | Total Fat 36g (sat fat 12g trans 0g) | Cholesterol 90mg | Sodium 1340mg | Total Carbohydrate 33g |

Dietary Fiber 8g | Sugars 15g (Includes 0g Added Sugars) | Protein 41g | Vitamin A 100% | Vitamin C 260% | Calcium 15% | Iron 25%