



Irish Striploin Steak with Fresh Vegetable Quinoa Fried Rice

Our delicious egg fried quinoa is the perfect super-nutritious take on egg fried rice! Quinoa is high in protein and amino acids and the dish is also packed full of vegetables and herbs! This dish is super easy to make as well - cook it in only 30 minutes!

Ingredients

- Striploin Beef
- Spring Onion
- Red Pepper
- Red Onion
- Garlic
- Green Beans
- Ginger
- Lime
- Quinoa
- Egg
- Soy Sauce
- Vegetable Stock Cube

Your Pantry

- Olive Oil

Nutritional Info

Calories: 785 kcal
 Carbohydrates: 69 g
 Protein: 64 g
 Fat: 25 g

Allergens


Egg
Soybeans (Soy Sauce)
Wheat (Soy Sauce)
Celery (Stock Cube)
Stock Cube may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Make the stock**

Take the beef out of the fridge and allow it to rest. Combine the stock cube with 160 ml of boiling water per person.

2) **Cook the quinoa**

In a pot, add the stock and quinoa and simmer for about 12 minutes, then turn the heat off and cover with a lid. Leave for 5-10 minutes.

3) **Prepare the vegetables & striploin**

Slice the spring onion. Remove the core from the pepper and cut into strips. Peel and finely chop the garlic and ginger. Remove the outer layer from the red onion and dice it. Slice the striploin beef into 1 cm strips.

4) **Cook the beef**

Heat a large pan on a high heat. Add a little oil and cook the beef for 3-4 minutes, stirring constantly. Add the ginger and garlic and stir-fry for 1 more minute then transfer to a bowl.

5) **Cook the vegetables**

Add some oil to the same pan and add the pepper, onion and spring onion. Cook for 2-3 minutes. Add the green beans and cook for 1 minute. Add the cooked quinoa and the beef, ginger & garlic and stir-fry everything for 3 minutes.

6) **Scramble the eggs**

Crack the egg into a bowl. Push the quinoa to the side. Add a little oil to the empty space you created and pour in the egg. Let it set for a minute without stirring, then scramble them in their space before stirring the cooked egg back into the quinoa.

7) **Plate the dish**

Add soy sauce to taste and serve with a wedge of lime.



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