

## **Whole30 Mongolian Beef Stir Fry**

(Adapted from [The Defined Dish](#))

1.5 lbs. flank steak, sliced against the grain in 1/4 inch pieces  
salt and pepper, to taste  
1 tbsp. arrowroot starch  
2 tbsp. avocado oil  
1 bunch of green onions (or 5-6 green onions), sliced into 1.5 inch pieces  
1 tsp. sesame oil  
3 cloves garlic, thinly sliced  
1 inch piece of ginger, peeled and minced  
1/2 tsp. crushed red pepper (optional)  
1/2 cup beef broth  
1/2 cup coconut aminos  
2 tsp. fish sauce  
1 tbsp. rice vinegar  
toasted sesame seeds, for garnish

### FOR SERVING

2 cups of Riced Cauliflower  
olive oil  
2 heads of baby bok choy  
1 tbsp. fish sauce  
salt and pepper

Season the sliced flank steak with salt and pepper all over. Sprinkle with 1 tbsp. arrowroot starch and toss to coat.

Heat 4 tbsp. avocado or olive oil over medium high heat in a large nonstick skillet.

Add steak, in batches, to the hot oil and begin frying, try and spread out the beef so that is spread in 1 single layer if possible. Fry on each side until it is a deep brown color, about 3-4 minutes per side. Set aside the cooked beef and continue until all of the beef is done and set aside.

Add in the sesame oil, the garlic, the ginger, and the crushed red pepper. Saute for 1 more minute.

Pour in the beef broth and using the back of a spoon, scrape up as much brown bits as possible.

Add beef back into the skillet.

Add the coconut aminos, rice vinegar, and fish sauce. Stir.

Add in green onions.

Bring sauce to a simmer and let cook, stirring often, until sauce has thickened, about 5 minutes.

Serve over rice cauliflower and a side of seared baby bok choy (see below). Sprinkle with sesame seeds before serving.

#### FOR THE CAULIFLOWER RICE AND THE BOK CHOY

In a skillet, heat 1 tbsp. olive oil over medium-high heat. Add the riced cauliflower and season with salt and pepper, to taste. Sauté until cauliflower is tender, about 5-7 minutes.

Cut the baby bok choy in half lengthwise. Heat a large skillet over medium high heat with 2 tbsp. olive oil. Sear both sides of the bok choy until golden brown, about 4 minutes per side. Season with salt and pepper and drizzle with 1 tbsp. fish sauce.