



## Steak 'n Eggs Stir-Fry



1/2 of recipe (about 2 1/2 cups): 292 calories, 5g total fat (1g sat fat), 705mg sodium, 19g carbs, 4.5g fiber, 8.5g sugars, 42g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 20 minutes



More: [Lunch & Dinner Recipes, 30 Minutes or Less](#)

### Ingredients

1 tbsp. reduced-sodium/lite soy sauce  
1/2 tsp. cornstarch  
1/2 tsp. chopped garlic  
1/4 tsp. granulated sugar  
1/8 tsp. red pepper flakes  
1/8 tsp. ground ginger  
6 oz. raw lean top sirloin beefsteak, thinly sliced (see HG Tip!)  
1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute  
2 cups broccoli florets  
1 cup sugar snap peas, halved  
1/2 cup chopped red bell pepper  
1/2 cup chopped onion

### Directions

Combine soy sauce with cornstarch in a medium bowl and stir to dissolve. Add garlic, sugar, red pepper flakes, and ginger, and mix well. Add beef and toss to coat. Cover and refrigerate.

Bring a large skillet (with a lid) sprayed with nonstick spray to medium-high heat on the stove. Add egg and scramble until cooked, 3 - 4 minutes. Remove from skillet and set aside.

Remove skillet from heat. If needed, wash and dry. Spray with nonstick spray and return to medium-high heat. Add broccoli florets and 2 tbsp. water to the skillet. Cover and cook until broccoli florets have slightly softened, 4 - 5 minutes.

Add snap peas, bell pepper, and onion to the skillet with the broccoli. Stirring occasionally, continue to cook (uncovered) until veggies are just tender, about 5 minutes.

Add beef and all of the soy sauce mixture to the skillet. Cook and stir for about 2 minutes, until beef is just cooked through.

Add the egg scramble to the skillet, toss to combine, and continue to cook until hot, about 1 minute. Divide and chew!

MAKES 2 SERVINGS

**HG Tip!** To make thinly slicing the beef easier, slightly freeze it first.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.