

Filipino-style Organic Beef Steak & Onions

From Melissa Hemsley's Eat Happy recipe book

Serves: 2

Prepare: 10 Minutes

Cook: 30 Minutes

Difficulty: easy



Ingredients

- 2 tablespoons coconut oil or Ghee
- 2 large onion, sliced into rings
- 500g [organic beef steak strips](#) or organic [beef sirloin steak](#) (sliced)
- 1 tablespoon chickpea flour
- 2 garlic cloves, finely chopped
- juice of 1 lemon
- 4 tablespoons Tamari
- pink himalayan salt
- black pepper

Method

1. In a pan over a low- medium heat melt half the oil and fry the onion rings until soft, set aside
2. Toss the beef steak slices in flour and season with a little salt and pepper
3. Melt the remaining oil add the beef steak and cook over a high heat for 1 min and each side, set aside with the onions
4. Quickly fry the garlic in the pan, add the lemon juice, tamari and good pinch of salt and pepper and simmer for a couple of minutes
5. Return the beef steak and onions to the pan to gently heat through for 30 seconds and then serve