Garlic Beef and Spinach Stir-fry

A quick and healthy stir-fry featuring tender beef strips and fresh spinach, infused with fragrant garlic for a protein-packed, low-carb meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 8 oz thinly sliced beef sirloin
- 4 cups fresh spinach leaves
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp soy sauce (low sodium)
- 1 tsp sesame oil
- 1/2 tsp ground black pepper
- 1/4 tsp red pepper flakes (optional)
- 1 tbsp water

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add minced garlic and sauté for 30 seconds until fragrant.
3. Add beef strips, season with black pepper and red pepper flakes, stir-fry for 3-4 minutes until browned.
4. Pour in soy sauce and water, stir to combine.
5. Add spinach and cook for another 2 minutes until wilted.
6. Drizzle sesame oil over the stir-fry, toss well, and remove from heat.
7. Serve immediately.

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