

# Sesame & Ginger Beef With Zucchini Noodles

PREP TIME: 5 MIN    COOKING TIME: 12 MIN    SERVES: 4



## Ingredients

¼ cup reduced sodium soy sauce

1 tbsp. xylitol (or other sweetener)

2 tbsp. rice wine vinegar

1 lb. ground lean beef, 5% fat

2 tbsp. sesame oil

1 tbsp. fresh ginger, grated

3 cloves garlic, minced

2 medium zucchinis, spiralized

## Directions

1. **Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.**
2. **Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.**
3. **Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.**
4. **Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.**
5. **Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.**



## Notes

Kcal: 242

Fats(g): 12

Carbs(g): 10

Protein(g): 25