

# *Eatdrinkandbesexy.com*

## Broccoli Beef and Almond Stir Fry

*Serves 4*

5 cups broccoli florets  
1 tablespoon coconut oil  
1 clove garlic cloves, minced  
2 tablespoons soy sauce  
1 tablespoon sugar  
1/4 teaspoon ground ginger  
1 teaspoon lemon juice  
1/4 cup chopped almonds, toasted

In a skillet or wok, add coconut oil and stir-fry beef until browned 2-5 minutes. Remove beef from the wok and add broccoli for 2 minutes or until crisp-tender. Add garlic; stir-fry for 1 minute. Stir in the soy sauce, sugar and ginger; cook for 1-2 minutes or until sugar is dissolved. Add beef back to the broccoli mix. Sprinkle with lemon juice and almonds. Serve.