

Low Carb Satay Beef Meal Prep Bowls

With a creamy Thai peanut sauce that serves as both a marinade and dipping sauce, this satay beef meal prep recipe is not short on flavor! Serve it up with cauliflower rice and green beans for a delicious low carb lunch option.

Prep Time	Cook Time	Total Time
30 mins	15 mins	45 mins

Course: Lunch Cuisine: Thai Diet: Diabetic, Gluten Free

Servings: 4 Calories: 333kcal



Ingredients

Low Carb Beef Satay

- ¾ lb flank steak sliced across the grain into ¼ inch strips; see note 1
- 160 mL coconut milk 5.4 oz
- ¼ cup peanut butter natural
- 1 tablespoon lime juice
- 2 teaspoons reduced sodium soy sauce or liquid aminos
- 1 teaspoon [monk fruit sweetener](#) see note 2
- 2 tablespoons [Thai red curry paste](#) see note 3
- ½ teaspoon ground ginger

Meal Prep Bowls

- 1 tablespoon olive oil
- 4 cups riced cauliflower
- salt & pepper
- 8 oz green beans

Instructions

1. **Prepare sauce-** in a jar, shake together the coconut milk, peanut butter, lime juice, soy sauce, monk fruit sweetener, red curry paste and ground ginger. It might take several minutes of shaking to get everything completely dissolved.
2. **Marinate-** Pour half of the peanut sauce over the sliced flank steak in a bowl. Toss to coat, then marinate for 30 minutes.
Divide the remaining peanut sauce between four [condiment containers](#).
3. **Cook-** Using an indoor grill, cook the beef: Working in batches, cook the strips of beef for 2-3 minutes, until cooked through. You can also cook on an outdoor grill and may wish to use a grilling plate or skewer the beef.
4. **Cauliflower rice-** heat oil over medium heat in a non-stick skillet. Add the riced cauliflower, season with salt & pepper, and cook for 5 minutes, or until cooked to your liking. Divide up between four 3 cup meal prep containers.

5. **Green beans-** Add another tablespoon of oil to the pan and cook the green beans for 5 minutes, until bright green and slightly softened. Divide amongst the meal prep containers.
- . **Divide-** Portion the beef out into 4 three cup meal prep containers with 1 cup of cauliflower rice and 2 oz green beans.
7. **Store-** Refrigerate for up to 4 days.
- . **Reheat-** Remove satay sauce from bowls, then heat in the microwave until steaming hot. Either pour the satay sauce over everything, or use as a dip.

Notes

1- you may swap for boneless skinless chicken thighs; should cook in around 5 minutes on an indoor grill or 5 min/ side on an outdoor grill

2- I used granulated monk fruit sweetener, if you are using powdered or liquid, start with ½ and taste. You can also swap for 1 tablespoon brown sugar or maple syrup if you are not low carb.

3- I recommend Thai Kitchen or Cock brand Thai curry paste; green curry paste will also work great in this recipe

Nutrition

Serving: 1 lunch bowl | Calories: 333kcal | Carbohydrates: 12g | Protein: 26g | Fat: 19g | Saturated Fat: 8g | Polyunsaturated Fat: 0g | Monounsaturated Fat: 0g | Trans Fat: 0g | Cholesterol: 56mg | Sodium: 345mg | Potassium: 753mg | Fiber: 6g | Sugar: 4g

