

# Horse with Garlic & Ginger Green Beans

**musclefood**  
Premium nutrition for healthy living

## Ingredients:

- 2 Horse Fillet Steaks
- 400g Fine Green Beans
- 20ml Tamari Soya Sauce
- 4 Garlic Cloves
- 12g Chopped Ginger
- 10g Coconut Oil
- Salt and Pepper

*So delicious, the whole family will come back for seconds!*

## Cooking method

### TO COOK

1. Remove the horse steaks from the packet and leave on the side for 30-60mins, then pat with kitchen roll to remove any moisture and season the steaks with salt.
2. Chop the garlic into large chunks.
3. Heat a large pan until hot, then add the coconut oil and allow to heat.
4. Add the horse steaks and garlic to the pan and cook for 1 minute.
5. Turn the steaks over and cook for a further 2 – 4 minutes. Remove the steaks from the pan and allow to rest for 5 minutes.
6. In the same pan add the green beans, ginger, soya sauce, salt & pepper then cook for 5 minutes.
7. Serve the steak sliced on top of the green beans.

**Serves: 2**

**39.5g**  
PROTEIN

**290**  
CALORIES

**10g**  
CARBS

**9.8g**  
FAT

**5g**  
FIBRE