

# Chinese Crispy Beef

Yield: 8 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-crispy-beef-recipe-uk>

## Ingredients:

- 2 pounds stir fry beef
- 1 cup tapioca starch
- oil for frying
- 3/4 cup coconut aminos
- 2 tablespoons cooking sherry
- 1 tablespoon tapioca starch
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon ginger
- 1/4 cup water
- 1/3 cup scallions diced, green parts

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 75 milligrams
4. Fat: 20 grams
5. Protein: 22 grams
6. SaturatedFat: 7 grams
7. Sodium: 250 milligrams
8. TransFat: 1 grams

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