

Shaking Beef Vietnamese Stir Fry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-vietnamese-stir-fry-recipe>

Ingredients:

- 2 pounds beef for stir fry ask for prime top sirloin for the most tender cut
- 5 cloves garlic peeled and minced
- 2 tablespoons sugar divided
- 1 1/4 teaspoons kosher salt divided
- 1 teaspoon fish sauce divided
- 1 1/4 teaspoons freshly ground black pepper divided
- 5 tablespoons canola oil divided
- 1/4 cup rice wine vinegar
- 1/4 cup dessert wine or white wine
- 3 tablespoons soy sauce good quality, I like Silver Swan Soy Sauce, found in Asian markets
- 2 tablespoons lime juice about 1 lime
- 1 red onion thinly sliced into rounds
- 3 stalks scallions trimmed and cut into 1 inch pieces
- 2 tablespoons unsalted butter divided
- 2 handfuls arugula or watercress

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 170 milligrams
4. Fat: 57 grams
5. Fiber: 1 grams
6. Protein: 45 grams
7. SaturatedFat: 18 grams
8. Sodium: 1690 milligrams
9. Sugar: 9 grams
10. TransFat: 2.5 grams

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