

Bo Luc Lac – Vietnamese Shaking Beef

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chili-garlic-oil-recipe>

Ingredients:

- 1 1/8 pounds beef eye fillet, cut into 2 cm cubes
- 2 cloves garlic minced
- 2 teaspoons fish sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil
- 1/2 teaspoon cracked black pepper
- 1 1/2 teaspoons sugar
- 2 lemons
- 1/2 teaspoon salt
- 1/2 teaspoon ground white pepper
- lettuce to serve
- 2 tomatoes sliced, to serve
- 1/2 red onion thinly sliced, to serve

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams
8. Sodium: 970 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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