

Japanese Beef Roll Ups

Yield: 15 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-grilled-oyster-recipe>

Ingredients:

- 2/3 pound beef Shabu Shabu, or any thinly sliced beef
- 1/4 red capsicum
- 1/4 capsicum green
- 1/4 capsicum yellow
- 15 shiso leaves
- 1/2 tablespoon plain flour
- 1 clove garlic mashed
- 1 tablespoon sesame oil
- 3 tablespoons sake if you can not get sake, use sherry
- 1 tablespoon soy sauce
- 1 tablespoon oyster sause
- 1 tablespoon sugar

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 15 milligrams
4. Fat: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 75 milligrams
8. Sugar: 1 grams

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