

# Kankun(Kang Kong), Soy, Garlic Beef Stir-fry.

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sri-lankan-chinese-kankun-recipe>

## Ingredients:

- 1 9/16 pounds beef Topside
- 3 tablespoons soy sauce 2 tablespoons for the marinade, 1 tablespoon to add with the Kankun leaves
- 3 tablespoons oyster sauce
- 2 onion medium, sliced
- 2 cloves garlic finely sliced
- 3 red chillies dry whole, or fresh red chillies
- 2 tablespoons pepper powder
- 4 tablespoons oil
- salt to taste
- 2 bunches kangkong leaves

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 120 milligrams
4. Fat: 40 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 12 grams
8. Sodium: 1360 milligrams
9. Sugar: 2 grams
10. TransFat: 2 grams

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