

Vietnamese Beef Stir-fry

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 tablespoons groundnut oil
- 1 3/4 pounds sirloin steaks Thin, cut into strips
- 1 onion finely sliced
- 2 garlic cloves minced
- 1 fresh ginger Thumb of, finely grated
- 1 fresh red chilli finely sliced
- 2 star anise
- 1/2 teaspoon ground cinnamon
- 1 teaspoon cardamom seeds Ground
- 1 3/8 cups beans Fine, trimmed
- 15/16 cup carrots cut into thin batons
- 2/3 cup sweetcorn Baby
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 85 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 48 grams
7. SaturatedFat: 5 grams
8. Sodium: 1280 milligrams
9. Sugar: 6 grams

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