

# Vietnamese Shaking Beef

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-shaking-beef-recipe-marion>

## Ingredients:

- 1 1/8 pounds beef eye fillet, cut into bite-sized pieces
- 2 garlic cloves finely chopped
- 2 teaspoons fish sauce
- 3 spring onions scallions
- 2 tablespoons vegetable oil
- 1 tablespoon cornflour cornstarch mixed with 1 tbsp water
- 1 red onion sliced
- 1 lime wedge
- watercress to serve
- steamed rice to serve
- stir fry sauce
- 2 tablespoons oyster sauce
- 2 tablespoons white vinegar
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 teaspoon dark soy sauce
- 1 teaspoon sugar
- salt Pepper
- 2 teaspoons sea salt
- 1/2 teaspoon ground black pepper

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 85 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams

8. Sodium: 2680 milligrams
  9. Sugar: 5 grams
  10. TransFat: 1.5 grams
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