VIETNAMESE · DINNER

# Vietnamese Shaking Beef (Bò Lúc Lắc)

50 min · Serves 3 · 479 kcal a serve · Video 4:41 · Helen's Recipes (Vietnamese Food)

No dairy listed · No nuts listed

Seared sirloin on a fresh salad: one serve gives about 37 g of protein, is rich in vitamin C from the capsicum and tomato, and is rich in zinc and vitamin B12 from the beef.

**Diet notes:** Gluten-free with a swap: Use tamari and a gluten-free oyster sauce to keep it gluten-free.

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## Ingredients 14 · SERVES 3

- [ ] 1 lb **beef** (sirloin, filet mignon or rib eye), cut into 1-inch cubes
- [ ] **Garlic**: 1 tbsp + 1 tsp minced garlic
- [ ] 2 tsp **sugar**
- [ ] a pinch of **salt**
- [ ] 2 tbsp **soy sauce** (light, or half mushroom soy sauce)
- [ ] 2 tbsp **oyster sauce**
- [ ] 1/2 tsp **pepper**, plus extra to finish
- [ ] 2 tbsp **vegetable oil**
- [ ] 1 **bell pepper** (capsicum), cut into 1-inch squares
- [ ] 1 **red onion**, finely sliced
- [ ] 1 tbsp **sugar**, for the pickled onion
- [ ] 2 tbsp **vinegar** (5% acid)
- [ ] **lettuce or watercress**, to serve (about 3 cups)
- [ ] 1 **tomato**, thinly sliced, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Gluten, Molluscs, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the beef cubes with 1 tbsp of the garlic, the oyster sauce, soy sauce, 2 tsp sugar, salt, pepper and 1 tbsp of the oil. Marinate for at least 30 minutes, or 2–3 hours in the fridge. 0:36
2. Toss the sliced red onion with 1 tbsp sugar and the vinegar and set aside to lightly pickle. Cut the capsicum into 1-inch squares. 1:31
3. Heat a wok or large pan over high heat until smoking. Add the remaining 1 tbsp oil and fry the remaining 1 tsp garlic until fragrant. 2:24
4. Add the beef in a single layer (cook in batches if your pan is small) and sear for just a few minutes, shaking the pan to turn the cubes, until done to your liking. Add the capsicum for the last minute. 2:43
5. Pile the beef onto a bed of lettuce or watercress and sliced tomato, grind over more black pepper and top with the pickled onion. 3:32

> **Tip** Serves 3 (our estimate). Helen suggests rice or fries on the side. Keep the beef medium-rare so it stays tender.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 3 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 479 kcal | 37 g | 21 g |
| 2,000 kJ | 74% of a day | 17 g net · 12 g sugars |
| | | 7% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 3.4 g | 27 g | 1,060 mg |
| 12% of a day | 7.7 g saturated | 46% of a day |
| | 35% of a day | |

**Energy from** net carbs 15% · protein 32% · fat 53% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin C 84% · Vitamin B12 80% · Selenium 71% · Zinc 65% · Vitamin B6 64% · Omega-3 57% · Vitamin K 41% · Vitamin A 27% · Folate 25% · Vitamin E 21%

**Source of** (10–19%) Iron 19% · Potassium 18% · Magnesium 15%

**Recipe and video:** Helen's Recipes (Vietnamese Food) (@HelenRecipes) on YouTube — youtube.com/watch?v=VNYIjrRYm60, published 15 July 2012. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/vietnamese-shaking-beef-bo-luc-lac