

MARLEY SPOON



Fast! Vietnamese Shaking Beef & Brown Rice

with Snow Peas, Radish & Mint



20-30min



2 Servings

Bo luc lac, a savory and sweet Vietnamese dish, is known as shaking beef in English. The name comes from the constant shaking of the pan that occurs while cooking. Tender beef strips are stir-fried with snow peas and tossed in a tangy sauce. We serve it over hearty brown rice, with pickled shallots and radishes. Fresh mint leaves are scattered on top, for a bright, cool, herby finish.

What we send

- 5 oz quick-cooking brown rice
- 1 shallot
- 1 radish
- 4 oz snow peas
- 1 lime
- ½ oz fish sauce⁴
- 10 oz pkg beef strips
- ¼ oz fresh mint

What you need

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- neutral oil

Tools

- small saucepan
- medium skillet

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 19g, Carbs 87g, Protein 33g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

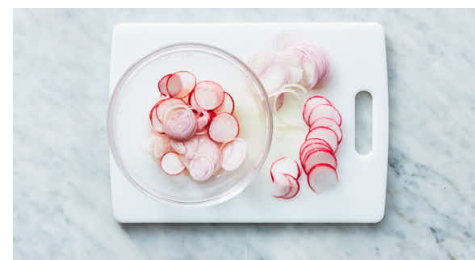
1. Cook brown rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **brown rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



4. Cook beef

Pat **beef strips** dry. Season all over with **salt** and **pepper**. Heat **2 tablespoons oil** in a medium skillet over high until shimmering. Add beef and **remaining sliced shallots**; cook, without stirring, until golden brown on one side, 3 minutes.



2. Pickle veggies

Thinly slice **shallot** and **radish**. In a medium bowl, whisk together **2 tablespoons vinegar**, **2 teaspoons sugar**, and **a generous pinch of salt**. Add **half of the sliced shallots and radishes** to bowl, and toss to combine. Let stand at room temperature until step 6.



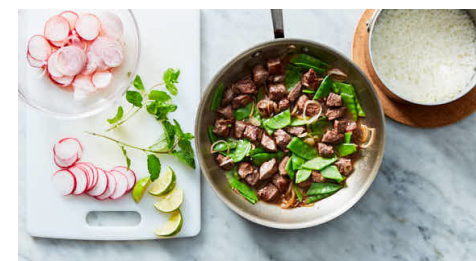
5. Add snow peas

Stir **beef**, then add **snow peas** and **a pinch each salt and pepper** to skillet. Cook 30 seconds, then stir **sauce** and add to skillet. Bring to a simmer and cook until snow peas are bright green and sauce is slightly reduced, about 1-2 minutes more. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Trim stem ends from **snow peas**, then halve, crosswise. Squeeze **1 tablespoon lime juice** into a small bowl, and cut any **remaining lime** into wedges. To bowl with lime juice, add **fish sauce**, **1½ tablespoons sugar**, and **1 tablespoon each of vinegar and water**. Stir to dissolve **sugar**.



6. Garnish & serve

Pick **mint leaves** from stems; discard stems.

Serve **shaking beef** over **rice**, topped with **pickled shallots and radishes**, **remaining fresh radish slices**, **mint leaves**, and **remaining lime wedges**, for squeezing over. Drizzle **some of the remaining pickling liquid** over top, if desired. Enjoy!