

Vietnamese Shaky Beef with Crispy Rice

Vietnam's classic beef recipe has a savory-sweet flavor that we love. We're serving it with sautéed peppers and crispy jasmine rice. The result is a recipe straight out of your favorite Vietnamese restaurant, only fresher, faster and more delicious.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter
Flour

5 MEEZ CONTAINERS

Jasmine Rice
Peppers & Onions
Steak
Bò Lúc Lắc Sauce
Pickled Cucumber Salad

Good To Know

Vietnam's shaky beef gets its name from the shaking and stirring required to achieve an even flavor across the steak pieces. Bò lúc lắc is a slightly sweet, thick Asian brown sauce.

Health snapshot per serving – 650 Calories, 41g protein, 97g Carbs, 11g fat, 20 freestyle points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Cucumber, Jasmine Rice, Red Bell Pepper, Yellow Bell Pepper, Red Onion, Rice Wine Vinegar, Green Onion, Tamari, Sugar, Carrot, Brown Sugar, Garlic, Lime, Fish Sauce, Cilantro, Kosher Salt, Black Pepper

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Wipe out the saucepan.

*Use
about
twice as
much
water as
rice.*

3. Cook the Vegetables

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the **Peppers & Onions**. Cook, undisturbed, until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

Heat 1½ Tbsp olive oil in the now-empty skillet over high heat. When the oil is very hot, add the cooked rice. Spread the rice out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice directly to serving plates. Wipe out the skillet.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Add 1 Tbsp olive oil. While the oil is heating, pat the **Steak** dry with a towel. When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

5. Make the Sauce

Return the skillet to the stove over high heat. Add the **Bò Lúc Lắc Sauce** and bring to a boil, then add 1 Tbsp of butter and 1 Tbsp of flour and stir until they are incorporated. Reduce the heat to medium low and cook until the sauce thickens, about 1 minute. Turn off the heat and add the cut steak to the sauce, mixing until all pieces of the steak are covered in sauce.

*This is
the
"shaky"
part!*

6. Put It All Together

Serve the peppers & onions on top of the crispy rice followed by the shaky beef. Drizzle the remaining sauce over top of the entire dish. Drain the **Pickled Cucumber Salad** and serve alongside. Enjoy!

Instructions for two servings.

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