

**Product Spotlight:
Black Bean Sauce**

Chinese black bean sauce is made from fermented black beans, which gives this dish a deep umami flavour. This black bean sauce is made locally without any nasties from The Ugly Mug Kitchen.



Stir-Fry Beef in Black Bean Sauce

Tender beef tossed in a hot pan with a super savoury and much-loved black bean sauce made locally by The Ugly Mug Kitchen and served over fluffy rice. This dish is speedy to cook and full of flavour!



25 minutes



2 servings



Beef

Jazz it up!

You can add roasted cashews or peanuts to the stir-fry if you have some! Sesame seeds also garnish this dish well.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	15g	55g

FROM YOUR BOX

JASMINE RICE	150g
RED CABBAGE	1/4
SPRING ONIONS	1 bunch
CARROT	1
BEEF STRIPS	300g
BLACK BEAN SAUCE	1 tub

FROM YOUR PANTRY

sesame oil, salt, pepper, cornflour

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Pat the beef strips dry with a paper towel to remove any moisture; this will prevent the beef from stewing in the pan.

Add the beef strips to the pan and leave to cook for 1 minute before tossing; this will help the strips to brown.

Start with a 1/4 cup of water if you used 1/2 of the cabbage, increase to a 1/2 cup of water if you like the dish to be saucier.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGETABLES

Slice **cabbage** (use to taste). Slice **spring onions** into 4cm lengths (reserve tops for garnish). Thinly slice **carrot** into crescents.



3. PREPARE THE BEEF

Pat **beef strips** dry with paper towel. Coat with **1/2 tbsp cornflour, salt and pepper**.



4. COOK THE BEEF

Heat a large frypan or wok over high heat with **1/2 tbsp sesame oil**. When pan is hot, add **beef strips** and cook for 1–2 minutes until seared (see notes). Remove from pan and set aside.



5. TOSS THE STIR-FRY

Add **prepared vegetables** and cook for 3 minutes until tender. Stir in **black bean sauce** and **1/4–1/2 cup water** (see notes). Toss until warmed through.



6. FINISH AND SERVE

Serve **beef stir-fry** on a bed of **rice**. Slice **reserved spring onion tops** and use to garnish.



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