



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



4/6 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	13g	60g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
RED CABBAGE	1/4	2 x 1/4
SPRING ONIONS	1 bunch	1 bunch
CARROTS	2	2
BEEF STRIPS	600g	600g + 300g
BLACK BEAN SAUCE	1 tub	2 tubs

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. Cook in batches if needed.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml 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.

6P – use 900ml water for rice.



2. PREPARE THE VEGETABLES

Slice **cabbage**. Slice **spring onions** into 4cm lengths (reserve tops for garnish). Thinly slice **carrots** into crescents.



3. PREPARE THE BEEF

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

6P – coat beef with 1 1/2 tbsp cornflour.



4. COOK THE BEEF

Heat a large frypan or wok over high heat with **1 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.

6P – add 1 1/2 tbsp sesame oil to pan.



5. TOSS THE STIR-FRY

Add **prepared vegetables** and cook for 4–5 minutes until tender. Stir in **black bean sauce** and **1/2 cup water**. Return **beef strips** and toss until warmed through.

6P – stir in 1/2 – 3/4 cup water with black bean sauce.



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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