



Product Spotlight: Black Bean Sauce

Chinese black bean sauce is a savoury condiment made from fermented black beans. A staple in Cantonese and Sichuan cuisine, often used in stir-fries, braises, marinades.

This sauce is made locally, by The Ugly Mug, naturally gluten-free and with clean ingredients only!



Sticky Black Bean Beef Steaks

Beef steaks cooked in a ginger, sticky black bean sauce, served over basmati rice with stir-fried kai lan and celery, fresh chilli and peanuts.



30 minutes



2 servings



Beef

Switch it up!

Make a satay sauce! Use a stick mixer or small blender to blend peanuts, garlic, ginger and black bean sauce to make a satay sauce! Add sweetener and lime juice or vinegar to taste, and water to thin out as necessary. Drizzle over finished dish.

Per serve: **PROTEIN** 38g **TOTAL FAT** 20g **CARBOHYDRATES** 47g

FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVE	1
GINGER	1 piece
CELERY	1 stick
KAI LAN	1 bunch
SPRING ONIONS	1 bunch
RED CHILLI	1
BEEF STEAKS	300g
BLACK BEAN SAUCE	50ml
SALTED/ROASTED PEANUTS	40g

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), honey, Chinese five spice

KEY UTENSILS

large frypan, saucepan

NOTES

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!

Remove seeds from chilli for a milder heat.

Cook steaks for a further 2 minutes for medium-rare, or longer for firmer steaks.



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1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE INGREDIENTS

Crush **garlic**, peel and grate **ginger** (see notes). Slice **celery**, trim and halve **kai lan**, thinly slice **spring onions** (reserve sliced green tops for garnish) and slice **chilli** (see notes).



3. COOK THE STIR FRY

Heat a large frypan over medium-high heat with **oil**. Add **1/2 garlic**, **spring onions**, and **celery**. Stir-fry for 3 minutes. Add **kai lan** and cook for a further 2–3 minutes until **vegetables** are tender. Season to taste with **soy sauce** and **pepper**. Remove to a plate and keep pan over heat for step 4.



4. COOK THE STEAKS

Coat **steaks** with **1 tsp soy sauce** and **1 tsp Chinese five spice**. Increase to high heat, add extra **oil** to pan along with **steaks**. Cook for 2 minutes each side. Remove to rest and reduce pan to medium heat (see step 5).



5. COOK THE SAUCE

Add extra **oil**, **ginger** and **remaining garlic** to frypan. Cook for 2 minutes to brown. Add **black bean sauce**, **1/4 cup water** and **1/2–1 tsp honey**. Cook, stirring, for 1 minute. Return **steaks** to pan. Baste with **sauce** and cook for a further 2–4 minutes (see notes).



6. FINISH AND SERVE

Divide **rice** among shallow bowls. Add **stir fry** and **beef steaks**. Spoon over **black bean sauce** from pan. Garnish with **spring onion green tops**, **chilli** and **peanuts**.

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