



Product Spotlight: Black Bean Sauce

Chinese black bean sauce is a savoury condiment made from fermented black beans, popular in Cantonese and Sichuan cooking. This one is locally made by The Ugly Mug with clean ingredients and is naturally gluten free!



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!

Turn this into a satay sauce: blend peanuts, garlic, ginger and black bean sauce with a stick mixer, add sweetener and lime juice or vinegar to taste, then thin with water and drizzle over the finished dish.

Per serve: **PROTEIN** 46g **TOTAL FAT** 19g **CARBOHYDRATES** 81g

FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVE	1
GINGER	1 piece
CELERY STICK	1
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.

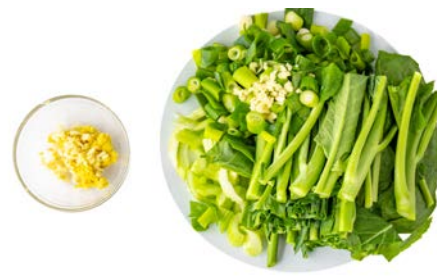


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1. COOK THE RICE

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** (use to taste). Thinly slice **spring onions** (reserve sliced green tops for garnish) and **chilli**.



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.



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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