



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	TOTAL FAT	CARBOHYDRATES
	42g	31g	76g

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
BEEF STEAKS	300g
SALTED/ROASTED PEANUTS	20g

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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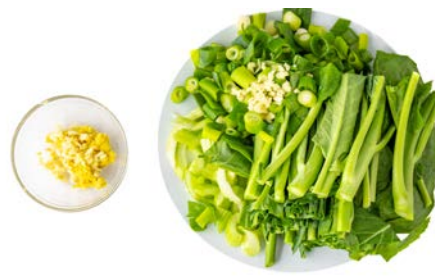
1. COOK THE RICE

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.



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).



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).



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 **1/2s–1 tsp honey**. Cook, stirring, for 1 minute. Return steaks to pan. Bast with sauce and cook for a further 2–4 minutes (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.



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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