



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	16g	76g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GARLIC CLOVES	2	3
GINGER	1 piece	1 piece
CELERY STICKS	2	3
KAI LAN	1 bunch	1 bunch
SPRING ONIONS	1 bunch	2 bunches
RED CHILLI	1	1
BEEF STEAKS	600g	600g + 300g
BLACK BEAN SAUCE	100ml	100ml + 50ml
SALTED/ROASTED PEANUTS	40g	2 x 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.



1. COOK THE RICE

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

6P – cover rice with 900ml water.



4. COOK THE STEAKS

Coat **steaks** with **2 tsp soy sauce** and **2 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).

6P – coat steaks with 3 tsp soy sauce and 3 tsp Chinese five spice.



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 **chilli**.



5. COOK THE SAUCE

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

6P – add black bean sauce, 3/4 cup water and 1 1/2 – 2 tsp honey.



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**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

