



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 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
	37g	10g	27g

FROM YOUR BOX

BASMATI RICE	300g
RED CABBAGE	1/4
SPRING ONIONS	1 bunch
CARROTS	2
BEEF STEAKS	600g
BLACK BEAN SAUCE	1 jar

FROM YOUR PANTRY

sesame oil, salt, pepper, cornflour

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Pat the beef steaks dry with a paper towel to remove any moisture; this will prevent the beef from stewing in the pan. You can keep the steaks whole if preferred and cook them separately. Use the black bean sauce on the vegetables instead.

Add the beef strips to the pan and leave to cook for 1 minute before tossing; this will help the strips to brown.



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.



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 steaks dry with paper towel and slice into strips (see notes). Coat with **1 tbsp cornflour, salt and pepper**.



4. COOK THE BEEF

Heat a large frypan or wok over high heat with **1 tbsp sesame oil**. When pan is hot, add sliced beef and cook for 1–2 minutes until browned (see notes).



5. TOSS THE STIR-FRY

Add prepared vegetables and cook for 3 minutes until tender. Stir in black bean sauce and **1/2 cup water**. Toss until warmed through.



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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