

BEEF IN BLACK BEAN SAUCE



A rich, savoury and umami sauce that goes great with stir-fried strips of beef and veg

PREP
30

COOK
10

SERVES
2

INGREDIENTS

- 225g Beef (any cut)
- 1 Brown Onion
- ½ Red Pepper
- ½ Green Pepper
- ½ tsp Salt
- ¼ tsp Bicarbonate of Soda
- ½ jar Yau's Black Bean Sauce
- 2 tbsp Vegetable Oil
- ½ Spring Onion (garnish)

Top Tip

Don't skip preparation, this will make the beef more tender

PREPARATION

1. Mix 1 tbsp oil, bicarbonate of soda and salt together to form a paste.
2. Slice beef into strips approx. 1cm thick.
3. Marinate the beef in the paste and leave for 30 mins.
4. Slice onion and peppers into 1cm strips.

COOKING

1. Heat a deep pan or wok on a medium to high heat and add 1 tbsp oil.
2. Add the beef and brown for 4-5 minutes.
3. Add vegetables and stir-fry for 2-3 minutes.
4. Stir in Yau's Black Bean Sauce and stir fry for a further 3-4 minutes.
5. Finely slice spring onion and sprinkle over the top before serving.

Behind Yau's...

Phillip and Bonnie Yau created their business in 2012 to address the growing demand for natural, free-from prepared oriental sauces.

As the market became more aware of what they were putting in their bodies, the Yau's created a range that was suitable for everyone, as well as being equally delicious.

