

## Black Bean Beef

### Ingredients (serves 2)

- 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)



### 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 beef and brown (4-5 mins).
3. Add vegetables and stir-fry for 2-3 minutes.
4. Stir in Yau's Mild Chinese Curry Sauce and stir fry for a further 3-4 mins.
5. Finely slice spring onion and sprinkle over before serving.