



Stir-Fried Beef and Broccoli

with Black Bean Sauce



20-30min



2 Portions

There isn't a Chinese menu around the country that doesn't feature beef and black bean sauce. It's one of those dishes that Aussies love to eat and we show you how easy it is to whip up at home in just 25 minutes. We've tossed this traditional dish with slippery vermicelli noodles, making this a substantial and satisfying dinner.

What we send

- broccoli
- Chinese salted black beans
- sauce mix ^{1,6}
- red onion
- ginger
- vermicelli noodles
- grass-fed beef stir-fry strips
- Korean chilli paste ⁶

What you'll require

- soy sauce ⁶
- vegetable oil
- white wine vinegar ¹⁷

Utensils

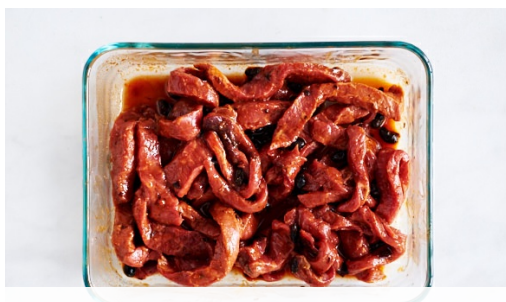
- grater
 - Kettle
 - sieve
 - wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 550.0kcal, Fat 16.8g, Proteins 41.1g, Carbs 54.7g



1. Marinate beef

Bring a kettle to the boil. Rinse the **salted beans** under cold water then drain well. Mix the **chilli paste, sauce mix, 1 tbs vinegar** and 1 tbs **soy sauce** in a shallow dish until smooth. Stir in the **black beans**. Add the **beef** and toss to coat.



2. Prepare noodles

Place the **noodles** in a heatproof bowl and cover with boiling water. Stand for 3 mins or until softened. Drain well, then rinse under warm water to prevent the noodles sticking together and drain again.



3. Prepare stir-fry

Peel and finely shred or grate the **ginger**. Thinly slice the **red onion**. Trim the **broccoli** into small florets and cut the stalk into rounds.



4. Sear beef

Heat 2 tsp **oil** in a wok or deep frypan over high heat. Drain the **beef**, reserving the marinade. Stir-fry the beef for 1-2 mins until browned but still pink inside. Remove from the pan.



5. Start cooking

Heat 2 tsp **oil** in same pan over medium-high heat. Stir-fry the **ginger** for 10 secs or until fragrant. Add the **onion** and stir-fry for 1 min, then stir in the **broccoli** and stir-fry for 1 min, adding 1 tbs cold water until the broccoli is bright green.



6. Finish cooking

Stir in the **reserved marinade** and cook for 2 mins or until the **broccoli** is tender. Add the **noodles** and **beef** and stir-fry until heated through.