

# BEEF IN BLACK BEAN SAUCE



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







### INGREDIENTS

225g Beef (any cut)

1 Brown Onion

1/2 Red Pepper

1/2 Green Pepper

1/2 tsp Salt

4 tsp Bicarbonate of Soda

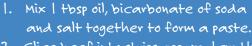
½ jar Yau's Black Bean Sauce

2 tosp vegetable oil

½ Spring Onion (garnish)

## Top Tip

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



PREPARATION

- 2. Slice beef into strips approx. Icm thick.
- 3. Marinate the beef in the paste and leave for 30 mins.
- 4. Slice onion and peppers into Icm strips.

#### COOKING

- 1. Heat a deep pan or wok on a medium to high heat and add | 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.



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