

 Preparation: 5 mins
Cooking: 10 mins

 Serves: 4

 Difficulty: easy



Beef & black bean stir-fry

This beef stir-fry is an ideal meal for midweek: quick and simple to cook, packed with nutritious ingredients, and full of flavour.

INGREDIENTS

- 2 tbsp sesame oil
- 1lb steak, cut into strips
- 1 small onion, finely sliced
- 2 garlic cloves, finely chopped
- 3cm fresh ginger, peeled and grated
- 1 red pepper, deseeded and sliced
- 140g mangetout
- 140g baby corn
- 400g tin black beans, rinsed and drained
- 225g tin bamboo shoots, rinsed and drained
- 225g tin sliced water chestnuts, rinsed and drained
- 50ml soy sauce
- 1 tbsp rice wine vinegar
- 1 tsp sugar
- 120g black bean sauce
- Chilli flakes (optional)

RECIPE

1. Heat the oil in a wok and stir-fry the beef until it starts to colour.
2. Remove from the wok and put on a plate.
3. Add some more oil to the wok, if needed, fry the onions, garlic and ginger for about 1 minute.
4. Now add the pepper, mangetout and baby corn, and stir-fry for another 2–3 minutes.
5. Add the black beans, bamboo shoots, water chestnuts, soy sauce, rice wine vinegar and sugar. Stir-fry for another 2 minutes.
6. Finally, return the beef to the wok and stir in the black bean sauce, making sure that all the ingredients are evenly coated in the sauce.
7. Sprinkle in some chilli flakes if you like it hot.

Serve with steamed rice or noodles.

