

Recipe of the Week 37

Beef in Black Bean Sauce

Boost your intake of immune boosting iron, zinc, Vitamin C and energy generating B group vitamins and minerals in this Chinese style meal. Packed full of protein for muscle recovery, it can be prepared in 30 minutes making it ideal for this time of year when many of you are aiming for an S&C training adaptation. Serve with noodles, rice or corn to boost the carbohydrate content or almonds for a crunchy dose of healthy fats.

Ingredients

- 2 teaspoons corn flour
- 1 tablespoon soy sauce
- 1 tablespoon black bean sauce
- 1 tablespoon hot chilli sauce
- 1/4 cup chicken stock
- 1 1/2 tablespoons peanut oil
- 750g beef rump steak, trimmed, very thinly sliced
- 1 medium brown onion, cut into wedges
- 1 medium green pepper, cut into 2cm pieces
- 1 garlic clove, crushed
- 2cm piece fresh ginger, peeled, grated
- 100g cup mushrooms, sliced
- 3 green onions, cut into 5cm lengths

Serves: 4**Preparation time: 5 minutes****Cooking time: 25 minutes****Each serving contains**

Energy – 345.5 kcal

Carbohydrates – 7.4 g

Protein – 42.80g

Fat – 15.7 g (Saturated 5g)

Method

1. Whisk corn flour and soy sauce in a jug until smooth. Stir in black bean sauce, chilli sauce and stock.
2. Heat a wok over medium-high heat. Add 1 tablespoon oil. Swirl to coat. Cook beef, in batches, for 1 to 2 minutes or until browned. Transfer to a bowl.
3. Heat remaining oil in wok. Add brown onion. Stir-fry for 2 minutes or until softened. Add pepper, garlic and ginger. Stir-fry for 3 to 4 minutes or until pepper is just tender. Add mushroom. Stir-fry for 2 minutes or until softened.
4. Return beef and juices to wok. Add sauce mixture. Stir-fry for 2 to 3 minutes or until sauce boils and thickens. Add green onion. Toss to combine. Serve.

Adapted from: <http://www.taste.com.au/recipes/26614/beef+in+black+bean+sauce>Image from: <http://www.taste.com.au/recipes/26614/beef+in+black+bean+sauce>