



beef, black bean and chilli stir-fry

- **Feeds 2**
- **Cooking Time** - Approx 6-8 minutes
- **PER SERVING**
Nutritional analysis based on raw ingredients,
for 4 portions excl serving suggestions:

Energy kJ 1193	kcal 284
Fat 8g	Of which saturates 2.2g
Iron 7.6mg	Salt 4g



you will need...

- 225g (8oz) lean beef rump steaks, cut into thin strips/slices
- 5ml (1tsp) olive oil
- 1 red onion, sliced thinly
- 1 clove garlic, crushed
- 100g (4oz) sugar snap peas
- 100g (4oz) pak choi
- 100g (4oz) purple sprouting broccoli or tender stem broccoli
- 1/4 cucumber, cut into thick strips
- 100g ready prepared black bean sauce
- 15ml (1tbsp) sweet chilli sauce

1. Heat the oil in a large non-stick wok or saucepan; fry the meat, onion and garlic until browned. Add the remaining vegetables and cook for 2-3 minutes. Stir in the black bean and chilli sauce and cook for 1 minute.
2. Serve this with a portion of thick noodles and extra vegetables if you wish.



Contains one of the recommended
5-a-day portions of veg