

# BLACK BEAN BEEF

## Ingredients:

- 750g rump steak
- 1 egg white
- 1 tbsp apple cider vinegar
- 2 tbsps soy sauce
- 1 tsp cornflour
- $\frac{1}{3}$  cup oil

- 4 shallots
- 1 red bell pepper
- $\frac{1}{3}$  cup sliced bamboo shoots
- 1 tsp curry powder
- pinch of sugar
- $\frac{1}{3}$  cup of water
- 2 tps cornflour extra



## Instructions:

1. Prepare Beef, trim fat from the rump steak. Slice into thin strips.
2. In a bowl, combine beef strips with egg white, apple cider vinegar, soy sauce and 1 tsp of cornflour.
3. Prepare the black beans and vegetables. Rinse black bean under cold water, place in small bowl with  $\frac{1}{3}$  cup of water. Let soak for 15 minutes. Drain and mash slightly.
4. Peel and chop shallots, cut red pepper into thin strips. Rinse and drain bamboo shoots.
5. Heat 2 tbsps oil in a wok or large pan. Add shallots, red pepper, bamboo shoots and curry powder. Stir-fry for 2 mins then remove vegetables from the wok.
6. Heat a bit more oil in the wok. Add beef with marinade and stir fry until brown.
7. Return the cooked vegetables to the pan.
8. Add mashed black beans and a pinch of sugar, mix well.
9. In a bown, mix extra 2 tps cornflour with remaining water. Pour into the wok. Stir continuously until sauce thicken.

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