

## **BEEF AND BLACK BEAN STIR FRY**

400g fillet steak

**45ml Donegal Rapeseed Oil**

2 teaspoons ginger, finely chopped

2 cloves garlic, finely chopped

Grated zest of one orange

1 teaspoon chopped chilli

25g black beans

75g spring onions, chopped

50g diced onion

75g diced red pepper

75g diced green pepper

45ml oyster sauce

40g Chee Hou sauce

2 teaspoons sugar

200 ml water

1 teaspoon cornflour

(Use approx 100g meat per portion)



Finely chop and quickly fry the fillet steak and set aside. Heat 25ml Donegal Rapeseed Oil in the wok, add the ginger and garlic and fry over a high heat until it starts to become golden and toasted.

Add the orange peel and fry until it releases citrus notes. Then fry the chilli, black beans and chopped onions for 20 seconds.

Add the spring onions and peppers and fry lightly to retain bite.

Add the 2 pastes, Chee Hou sauce and oyster sauce along with the water and sugar. Then return the meat to the wok.

Finish with the remaining 20ml of Donegal Rapeseed Oil and thicken with the cornflour.

Serve with noodles or pilaff rice for a tasty quick meal.