



Irish Beef with Black Bean Sauce, Basmati Rice & Kale

This classic Chinese dish uses fermented and salted black soy beans. Take our delicious craft butcher-quality Irish beef and use it to create your favourite Chinese dish! Paired with Irish kale and garnished with flaked almonds this dish is super easy to make, cook it in only 30 minutes!

Nutritional Info

Calories: 672 kcal
Carbohydrates: 57 g
Protein: 34 g
Fat: 14 g

Ingredients

- Irish Beef Strips
- Red Chilli
- Garlic
- Ginger
- Kale
- Basmati Rice
- Beef Stock Cube
- Black Bean Sauce
- Flaked Almonds

Your Pantry

- Olive Oil

Allergens


Wheat (Black Bean Sauce)
Gluten (Black Bean Sauce)
Soya (Black Bean Sauce)
May contain sesame (Sauce)
Nuts (Flaked Almonds)
Stock Cube may contain traces of Celery, Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Cook the rice**

Cook the basmati rice in 240 ml of water per person with the stock cube for 10-15 minutes until cooked.

2) **Prepare the rest of the ingredients**

While the rice is cooking, prepare the vegetables. Dice the chilli. Crush the garlic and the ginger. Remove the hard stalks from the kale and chop the rest.

3) **Stir-fry the beef**

Heat a wok over a high heat until hot. Add one tablespoon of oil, add the beef strips and stir fry for 1-2 minutes, or until the beef slices have browned on the outside. Remove the beef slices and keep warm.

4) **Stir-fry the vegetables**

Return the wok to the heat, add some more oil then add the kale. Stir-fry for 1-2 minutes. Add the sliced garlic, ginger and chilli and stir fry for a further 1-2 minutes.

5) **Add the black bean sauce**

Add the black bean sauce and stir well to coat the ingredients. Return the beef strips to the pan, then simmer the mixture over a high heat until the meat is heated through.

6) **Plate the dish**

Serve with the rice in the middle of the plate. Spoon over the stir-fry and sprinkle with flaked almonds. Serve immediately. Enjoy!



Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | [#DropChef](#)