



READY TO COOK
BY HARRIS FARM

BLACK BEAN BEEF STIR FRY



PREP
15 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 500-800g Beef Rump Steak
- > 1 Shallots Bunch
- > 1 Red Capsicum
- > 1 Yellow capsicum
- > 1 Broccoli Head
- > 250g Vermicelli Noodles
- > 150ml Black Bean Sauce
- > ½ Coriander Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Chilli Flakes
- > Salt and Pepper
- > Cooking Oil
- > Sesame Oil

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METHOD - GET COOKING!



1 Bring a pot or kettle of water to a boil. Finely slice the red and yellow capsicums. Wash and cut the shallots into 3cm batons and finely slice the green tips. Cut the broccoli into medium-sized florets, wash and finely chop the coriander, reserving some leaves for garnishing. Finely slice the beef and set all the ingredients aside.

2 Bring a wok or large frying pan to high heat, drizzle with cooking oil and add the capsicum. Cook for 3 minutes until softened, remove from pan and set aside.

3 In the same pan or wok, drizzle cooking oil and sauté the shallots for 1 minute. Remove from pan and add the beef strips. Cook for 4 minutes and add the broccoli. Stir fry for 3 minutes and add the rest of the precooked vegetables.

4 Add the black bean sauce and stir through. Bring to the boil and turn down heat to low. Simmer for 5 minutes until thickened and broccoli has softened. Add the chopped coriander and the juice of ½ a lemon.

5 Meanwhile, place the vermicelli noodles into a bowl and pour in the boiling water. Sit for 5 minutes until softened then drain well. Drizzle some sesame oil, season with salt and pepper, sprinkle some chopped coriander and chilli flakes, toss and set aside.

6 Serve the black bean beef stir fry hot with vermicelli noodles and garnish with coriander leaves and sliced shallots.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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