

This project was funded by the Community Support Levy through the Tasmanian Government.

# black bean stir fry

week two

## PREPARATION

### ingredients

1 pkt Hokkien noodles  
2 tbsp veg oi  
1 kilo beef strips  
1 red capsicum cut into thin strips

1red onion cut into thin wedges  
500grm pkt stir fry frozen veggies  
½ jar of black bean sauce

### method

Place noodles in a large heat proof bowl  
Cover in boiling water gently pries noodles apart as they soften for 5 minutes. Drain well  
Meanwhile heat 2 teaspoons of oil in deep frypan over high heat add strips in 3 batches adding 2 teaspoons of oil after each batch. Cook for 2minutes or until brown transfer to a plate  
Heat remaining oil and add capsicum, onion and frozen veggies cook until tender-crisp about 3 minutes add beef strips and sauce .Toss to combine top with parsley and  
Serve with noodles immediately

