

# Beef in Black Bean Sauce

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/rump-steak-chinese-recipe>

## Ingredients:

- 300 grams rump steak sliced
- cooking oil
- 1 onion large, sliced
- 2 cloves garlic peeled and sliced
- 5 slices fresh ginger
- 1 red capsicum seeded and sliced
- 1 1/2 tablespoons black beans salted
- 2 red chillies large, sliced
- 3 stalks spring onion green, cut into 1 inch pieces
- 1/2 tablespoon chinese rice wine Shaoxing cooking wine
- 1 1/2 tablespoons cornstarch
- 1 tablespoon oil
- 1 teaspoon sugar
- 1 teaspoon light soya sauce
- 1 teaspoon dark soya sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1 pinch white pepper
- 1/3 cup water or stock
- 1 teaspoon sugar
- 1 teaspoon oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon light soya sauce
- 1/2 teaspoon dark soya sauce
- 1/2 teaspoon salt
- 1 pinch white pepper

## Nutrition:

1. Calories: 250 calories

2. Carbohydrate: 10 grams
3. Cholesterol: 45 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Beef in Black Bean Sauce above. You can see more 18 rump steak chinese recipe Get cooking and enjoy! to get more great cooking ideas.