

'Beef' & Broccoli w/ Black Bean Sauce

Swick

Serves 1 | Active Time: 35 minutes | Total Time: 35 minutes

Marinating the “Beef”

To make the stir-fry, first prepare your mise en place. To marinate the beefless tips, in a bowl add the soy sauce, Shao Hsing wine, sesame oil, agave, sambal and cornstarch. Toss to evenly coat the beefless tips and let marinate for 20 minutes or so.

Step 1: Marinating the “Beef”

- 1 pkg Gardein Beefless Tips, defrosted
- 1 tbsp soy sauce
- 1 tsp Shao Hsing rice wine (or dry sherry)
- 2 tsp sesame oil
- 1 tbsp agave or other sweetener
- 2 tsp sambal oelek
- 1 tsp cornstarch

Preparing the Sauce

To make the sauce, combine the sesame oil, soy sauce, Shao Hsing wine, agave, sambal and white pepper. Whisk to blend the ingredients. Lastly, add the cornstarch.

Step 2: Preparing the Sauce

- 1 tsp sesame oil
- 2 tbsp soy sauce
- 2 tbsp Shao Hsing rice wine (or dry sherry)
- 1 tbsp agave or other sweetener
- 1 tbsp sambal oelek, or to taste
- 1/8 tsp white pepper
- 1 tsp cornstarch

Preparing the Stir-Fry

Thinly slice the onion and cut the broccoli into 1- to 2-inch pieces.

Mince the garlic and ginger and slice the Thai chilies on the bias. Have your fermented black beans and vegetable stock available for stir-frying, as well as the Beefless Tips.

Step 3: Preparing the Stir-Fry

- 1 onion, sliced
- 2 cups broccoli
- 3 to 4 cloves fresh garlic, minced
- 1-inch piece fresh ginger, minced
- 2 long, red Thai chilies (optional)
- 2 tbsp fermented black beans, rinsed
- 1/2 cup vegetable stock

Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut oil

To cook the stir-fry, preheat a wok over high heat then add the oil, immediately followed by half of the beefless tips. Separate the pieces to ensure they color evenly and let cook without touching them until they start to brown. Toss and continue to cook until the pieces are browned on all sides. Once done, remove the pieces and set aside while you cook the next batch.

At this point, add a bit more oil, followed by the onions. Let cook for a minute or so, then add the garlic, ginger and black beans.

Cook for 30 seconds, then add the broccoli and chilies. Toss a few times, then add a bit of stock and toss again. At this point, cover the wok for a few minutes, to help steam the broccoli.

Next, add the beefless tips back to the wok and add just enough sauce to lightly coat the ingredients. Toss and continue to cook for another minute or so. Once done, remove from the heat and serve immediately.

If desired, serve with a side of brown rice and extra sambal.