

Fillet Steak & Black Beans

Ingredients

- 340g Fillet Steak (2 medium)
- 100g onion
- 200g Sweet (Bell) Peppers
- 1 Clove Garlic
- 2 x 120g bags Blue Dragon Black Bean Sauce
- Knob of butter

Options

- Ok, ok, I know. We should make our own Black Bean Sauce – but it's lots of ingredients and a hassle. The Blue Dragon sauces are quick, easy and actually quite good!
- Can also be done with duck breast or chicken pieces.

Equipment

- Sharp knife
- Very Sharp Knife
- 2 Large Saucepans
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Take the steak out of the fridge and allow to rest at room temperature for 5 to 10 minutes.
- Chunky dice the onion and peppers
- Fine dice the garlic
- Slice the steak with the very sharp knife

Note

This meal does not really fit the principles of Marion's Meals as it has a flavoured sauce and the fillet steak may be difficult to chew.

Method

Add a knob of butter or some vegetable oil to the saucepan and soften the onions for about 5 minutes.

Add the garlic and peppers and soften for a further 5 minutes.

Meanwhile, put another knob of butter in the second saucepan and add the fillet steak strips.

You might want to add a SMALL pinch of salt for cooking the steak. I don't - but I appreciate others have different tastes.

Remember the cooking sauce will be quite salty so take care not to add too much extra salt – if any!

Turn the steak a couple of times until browned on all sides. It will only take 4 or 5 minutes to cook sliced fillet steak.

Tip the softened vegetables into the steak pot.

Add the two packs of Black Bean Sauce and mix it all together.

Keep the pot on a low heat until the sauce starts to bubble gently. Do not overcook!

Simple as that!

Generally, I would serve this with fried or boiled rice. It's easy to cook your own rice but Ben's Rice in the pouch takes only 2 minutes to heat.



Portions

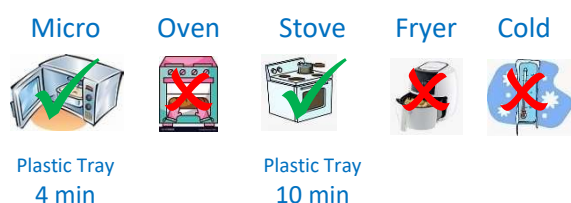
Number of portions	3
Final Portion Size	225 – 250g
Storage Container	Large Plastic

Storage

This can be served fresh but also ideal for freezing in plastic tubs for individual portions – without rice.

Heating & Serving

Heating instructions from fresh are a guide only.



Be sure the meal is piping hot before serving.

Leave in plastic tray for microwave heating.

Transfer plastic tray contents to pot for stove top.

You may need to add a splash of water when reheating.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Bell Peppers
- Using a Sharp Knife



Let the steak rest before slicing.



Get the onions, peppers and garlic on to soften.



Start to slice into thin strips using a very sharp, large, knife.



All sliced ready to go in the pot.



Cook for 5 minutes until browned all over.



Boxed up ready for the freezer.