

LONGS PACKAGING

Ingredients

1kg	Tender beef strips
250g	Verstegen Black Bean Sauce
250g	Green peppers (sliced)
200g	Sliced Red Onion
150g	Sliced Mushrooms
100g	Sliced Courgettes

Method

Combine the beef strips with the black bean sauce.

Add the green peppers, mushrooms, onions & courgettes and stir well.

To Cook

Stir fry for approximately 10 minutes or bake in the oven at 180c or gas mark 4 for about 45 minutes.

Serve with noodles or rice of choice.

