



More than Food

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## Chinese Black Bean Sauté

with Water Chestnuts, Mushrooms, and Five-Spice

Chinese five-spice is a pungent mix of star anise, cloves, cinnamon, Sichuan peppercorns, and fennel. Anise-forward and slightly sweet, it perfumes the dish with a unique aroma. Black bean sauce is a staple of Chinese cooking; our version utilizes black beans rather than fermented soybeans to bring a variety of textures to the dish.



40 min



level 2



vegan



nut free



gluten free



Black Beans



Soy Sauce



Ginger



Garlic



Water Chestnuts, sliced



Button Mushrooms



Celery



Scallions



Basmati Rice



Vegetable Stock Concentrate



White Wine Vinegar



Chinese Five-Spice Powder

## Ingredients

	2 People	4 People
Black Beans	1 box	2 boxes
Soy Sauce	2 T	4T
Ginger	1 thumb	2 thumbs
Garlic	2 cloves	4 cloves
Water Chestnuts, sliced	8 oz	16 oz
Button Mushrooms	8 oz	16 oz
Celery	1 stalk	2 stalks
Scallions	2	4
Basmati Rice	½ C	1 C
Vegetable Stock Concentrate	1	2
White Wine Vinegar	2 T	4 T
Chinese Five-Spice Powder	1 t	2 t
Oil*	1 T	2 T

\*Not Included

## Allergens

1) Soy

## Tools

Small Pot, Strainer,  
Medium Pot, Large Pan

Ruler

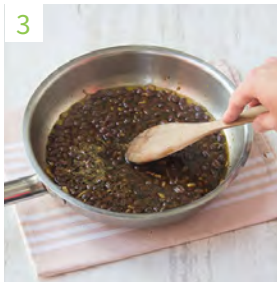
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**Nutrition per person** Calories: 534 cal | Carbs: 82 g | Fat: 9 g | Protein: 25 g | Fiber: 23 g | Sodium: 927 mg

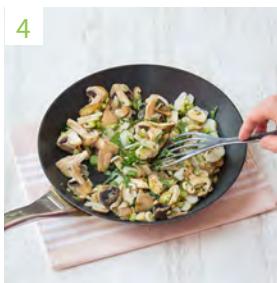


**1** In a small pot bring **1 cup water** and a large pinch of **salt** to a boil. Once boiling, add the **rice**, cover, and simmer for 15 minutes until tender. Remove from heat and keep covered until the rest of the meal is ready.

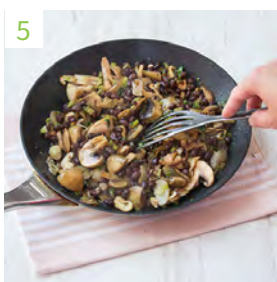
**2** Drain the **black beans**, reserving the liquid. Mince or grate the **garlic**. Peel then mince or grate the **ginger**. Thinly slice the **scallions**, keeping the whites and greens separate. Thinly slice the **celery**. Quarter the **button mushrooms**. Drain the **water chestnuts**.



**3** **Make the black bean sauce:** heat **1 teaspoon oil** in a medium pot over medium heat. Add the **garlic**, **ginger**, and **Chinese five-spice**. Cook for 1 minute, stirring frequently. Add the **reserved black bean liquid** and **half the black beans**. Add the **soy sauce**, **white wine vinegar**, **vegetable stock concentrate**, and **1 cup water** to the pot. Bring to a boil then reduce to a simmer for 15-20 minutes, stirring occasionally.



**4** Heat **2 teaspoons oil** in a large pan over medium-high heat. Add the **mushrooms** and **scallion whites** and cook, tossing, for 5-6 minutes until golden brown. Add the **celery** and the **water chestnuts** to the pan. Cook, tossing, for an additional 2 minutes until the celery is slightly softened. Season with **salt** and **pepper**.



**5** Add the **remaining black beans** and **black bean sauce** to the pan. Stir to combine and heat through. Season with **salt** and **pepper** (to taste).

**6** Fluff the **rice** with a fork. Plate the rice and top with the black bean mixture. Garnish with the reserved **scallion greens**. Enjoy!