

豉椒牛肉飯 | Black Bean Beef

Beef seared hard and fast, tossed in garlic, chili and black beans

01

Check Your Pantry First

☐ Salt	☐ Oyster sauce	☐ Short grain rice	☐ Baking soda
☐ Oil	☐ Dark soy sauce	☐ Sugar	
☐ Cornstarch	☐ White pepper	☐ Light soy sauce	

02

Need to Buy

Follow the order — it maps how you walk the grocery.

FRUITS & VEGETABLES	4 ITEMS
☐ Ginger	x 6 slices
☐ Red pepper, sliced	x 1
☐ Green pepper, sliced	x 1
☐ Garlic	3 cloves

PANTRY & DRY GOODS	3 ITEMS
☐ Dried red chili	x 2
☐ Fermented black beans	10g
☐ 汾酒 (fen jiu)	¼ tsp

SUBSTITUTES

- Beef = mixed mushrooms, same weight — same sauce, same steps, no marinating needed.
- 汾酒 = Shaoxing wine — not a perfect match in flavour, but the closest practical swap if unavailable

FRESH PROTEINS	1 ITEM
☐ Beef, sliced	250g

CHILLED & DAIRY	0 ITEM
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03

Where to Shop One walk through the supermarket.

01
Village Grocer
Produce, fresh meat, pantry aisle

02
Jaya Grocer
Produce, fresh meat, pantry aisle

03
Chinese Herbal Shop
汾酒 (fen jiu)

THIS WEEK'S MEALS

01	02	03	04	05
Sweet Corn Fish Rice	Black Pepper Chicken Chop Rice	Cantonese Silky Scrambled Egg and Shrimp	Black Bean Beef	Salt & Pepper Pork Chop Rice
20 MIN EASY	25 MIN EASY	15 MIN EASY	20 MIN EASY	20 MIN MEDIUM