

Szechuan Green Beans

I've adapted Jet Tila's delicious recipe for Szechuan-Style Green Beans. Originally deep fried, then stir-fried in a wok, I have developed a method for this fast cooking dish by pan frying in a deep skillet. I found that I will make them more often when I don't have to drag out my deep fryer!

Sauce

2	Tablespoons	hoisin sauce
2	Tablespoons +	Oyster Sauce
2	Tablespoons	Chinese rice wine or dry sherry
1 ½	Tablespoons	brown sugar
1	teaspoon	chili garlic sauce

Green Beans

2	Tablespoons	garlic minced
2	Tablespoons	minced ginger root
1	pound	green beans, trimmed
¼	cup	canola oil divided
¼	cup	cornstarch

- 1 Combine the sauce ingredients in a small bowl and set aside.
- 2 Mince the garlic and ginger together in a small food processor and set aside.
- 3 Wash the green beans and drain them thoroughly.
- 4 In a large deep skillet add enough canola oil to cover the bottom of the pan. Heat on high.
- 5 Spread the cornstarch on a plate. Dredge the beans in the cornstarch and slide them into the skillet, topping the beans with any loose cornstarch. Cover the skillet with a splatter guard for safety.
- 6 Let the beans cook until the bottoms are golden brown. Using some tongs, stir and turn over the green beans as you are able. Add more canola oil as needed. Let them cook again until the beans are golden brown. When they are wrinkly, remove them to a bowl or plate.
- 7 Immediately add the garlic/ginger mixture to the pan and stir fry for 30 seconds or until fragrant. Add the beans and the sauce. Stir until the beans are coated. Remove from heat. Place the beans in a serving bowl and keep warm.

Servings: 2

Preparation Time: 5 minutes

Cooking Time: 12 minutes

Total Time: 17 minutes

Nutrition Facts

Nutrition (per serving): 410 calories, 249 calories from fat, 28.2g total fat, <1mg cholesterol, 277.6mg sodium, 573.8mg potassium, 38.8g carbohydrates, 8.5g fiber, 17.8g sugar, 5.5g protein.

Source

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Source: 101 Asian Dishes You Need to Cook Before You Die by Jet Tila

