

DINNER *then* DESSERT

CHEF APPROVED RECIPES



Spicy Chinese Sichuan Green Beans



Spicy Chinese Sichuan Green Beans are the perfect easy side dish to your favorite Chinese meal and they're a breeze to make with just a few ingredients.

Course Side
Cuisine Chinese
Keyword Spicy Chinese Sichuan Green Beans

Prep Time 10 minutes
Cook Time 15 minutes
Total Time 25 minutes

Servings 4
Calories 115 kcal
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Ingredients

- 1 pound green beans trimmed
- 2 tablespoons canola oil
- 2 teaspoons chili garlic paste
- 2 green onions thinly sliced - white parts only
- 1 tablespoon garlic thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sugar
- 1/4 cup water
- 1/2 teaspoon crushed red pepper flakes

Instructions

1. To a wok add the canola oil and heat on medium-high heat.
2. Add the green beans and stir fry them for 3-5 minutes or until they start to shrivel up a bit.
3. Add in the garlic, green onions, chili-garlic paste and stir to combine.
4. Cook the garlic mixture for 30 seconds to a minute then add in the soy sauce, rice vinegar, sugar, water and chili flakes.
5. Cook for an additional 1-2 minutes or until most of the liquids are completely cooked off.
6. Garnish with sesame seeds if desired.

Nutrition Facts

Spicy Chinese Sichuan Green Beans

Amount Per Serving

Calories 115 Calories from Fat 63

% Daily Value*

Fat 7g	11%
Saturated Fat 1g	6%
Sodium 516mg	22%
Potassium 284mg	8%
Carbohydrates 11g	4%
Fiber 3g	13%
Sugar 5g	6%
Protein 3g	6%
Vitamin A 915IU	18%
Vitamin C 16mg	19%
Calcium 50mg	5%
Iron 1.5mg	8%

* Percent Daily Values are based on a 2000 calorie diet.

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