

Chilli bean stir fry

CHILLI BEAN STIR FRY

4.5 Star Recipe

By Dr Rupy Aujla



Preparation Time: less than 30 mins

Cook Time: 10 to 30 mins

Ingredients

- 1 nest/60g wholewheat noodles
- 1 red chilli, roughly chopped
- 20g piece root ginger, roughly chopped
- 2 garlic cloves
- 2 tbsp white vinegar
- 2 tsp brown sugar
- 1 tsp sesame oil
- 1 tbsp olive oil
- 200g green beans, trimmed and halved
- 150g broccoli, broken into small florets, thinly sliced stalks
- 1 red onion, thinly sliced
- 400g tin black beans, drained

Instructions

1. Bring a saucepan of water to the boil, add the noodles and cook for 4 minutes or until cooked. Drain, rinse under cold water and set aside.
 2. Put the chilli, ginger and garlic into a jug with the soy sauce, vinegar, sugar and sesame oil. Blend until smooth with a stick blender, then set aside. If you don't have a stick blender, you can pound the ingredients together with a pestle and mortar.
 3. Heat the olive oil in a wok or large frying pan over a high heat, then add the green beans, broccoli and onion. Stir-fry for 2-3 minutes, until the beans and onions are lightly charred.
 4. Add the cooked noodles, black beans and the sauce and fry together for a further minute. Divide between 2 warmed bowls and serve.
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