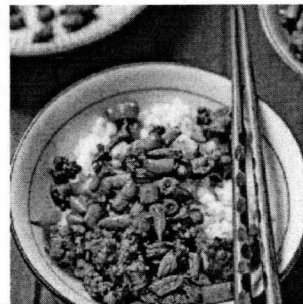


Stir Fried Green Beans with Ground Pork

(豆角炒肉末)

Stir fried green beans are the best example of the magic power of Chinese cooking. Create a healthy dish using the minimum amount of protein and bring yourself the greatest satisfaction.



Prep Time

10 mins

Cook Time

5 mins

Total Time

15 mins

★★★★★

4.8 from 5 votes

Course: Side Cuisine: Chinese Servings: 4 Calories: 107kcal Author: Maggie Zhu

Ingredients

Marinade

- 4 ounces (120 grams) ground pork (or ground turkey or ground beef)
- 1 tablespoon Shaoxing wine (or Japanese sake, or dry sherry)
- 1 teaspoon dark soy sauce (or soy sauce)
- 1/2 teaspoon ground ginger

Stir fry

- 1 tablespoon peanut oil (or vegetable oil)
- 1/4 cup chopped green onion (or onion)
- 1/2 pound (230 grams) green beans
- 2 tablespoons doubanjiang spicy fermented bean paste (*see footnote)
- 1 teaspoon sugar ← omit

Instead of this, you
can use the following:
1 Tbl spicy bean
paste *
1/2 Tbl oyster
sauce
1/2 Tbl hoisin
sauce
2 Tbl water
*Adjust for spiciness

Instructions

1. Combine ground pork, Shaoxing wine, dark soy sauce, and ginger in a small bowl. Mix well and let marinate for 5 minutes.
2. Snip tough ends from the green beans and discard ends. Chop into 2/3-cm (1/4-inch) pieces.
- 3.
4. Heat oil in a large nonstick skillet (or a wok) and heat over medium heat until warm. Add green onion. Cook until it starts to sizzle. Add ground pork. Cook and stir until the surface is cooked. Add doubanjiang and sugar. Continue stirring until mixed well.
- 5.
6. Add green beans. Stir to mix well, cooking for 1 minute.
- 7.
8. Cover skillet and turn to medium low heat. Cook until the green beans are cooked through, about 2 to 3 minutes. You typically won't need to add water during this process. But if you're using oyster sauce or hoisin sauce to replace the spicy bean paste, it might get burnt if the skillet is too hot. Uncover and check on the beans every 1 minute. If they're drying out too much, swirl in 2 tablespoons water, cover, and continue cooking.
- 9.
10. Transfer to a serving plate and serve warm over steamed rice (or boiled noodles, or top on noodle soup).

3 1/2 to
4 mins
for
softer
↓

11. Save the leftovers in an airtight container and store it in the fridge for up to 2 days. To reheat, you can use the microwave or a skillet.

Notes

1. The dish will be quite spicy if you use 2 tablespoons of doubanjiang. For a less spicy dish, replace 1 tablespoon doubanjiang with 1 tablespoon oyster sauce or hoisin sauce (or homemade hoisin sauce). In this case, you can ignore the sugar since oyster sauce and hoisin sauce already contains sugar.

Nutrition

Serving: 100g | Calories: 107kcal | Carbohydrates: 9.1g | Protein: 8.8g | Fat: 4.3g | Saturated Fat: 0.9g |
Cholesterol: 49mg | Sodium: 222mg | Potassium: 246mg | Fiber: 2g | Sugar: 4.6g | Vitamin A: 400IU | Vitamin C:
13.2mg | Calcium: 30mg | Iron: 1.1mg