

Fried Spicy Long Beans Recipe

Ingredients: Serves 4

450g long beans, cut into 5cm lengths
50g minced pork or chicken
2 tablespoons chopped dried shrimps or haybee
3 to 4 tablespoons chopped Sichuan preserved vegetables, optional
1 to 2 tablespoons chopped scallions
1 tablespoon chopped garlic
1 teaspoon chopped ginger
1½ teaspoons light soy sauce
1 to 2 teaspoons chili oil
1 teaspoon white rice wine or pi jiu
½ teaspoon sugar
½ teaspoon salt
1 teaspoon fish sauce (nampla)
3 to 4 tablespoons water
1 dried red chili, chopped
1 teaspoon sesame oil
3 cups vegetable oil

Method:

Heat vegetable oil in a wok. When smoking hot, deep-fry the long beans, in portions, for about 5 minutes until they look dried up. Drain and set aside. Remove oil but leave 3 tablespoons of it in the wok. Heat until smoking hot. Add garlic, ginger and pork; stir-fry briefly. Add dried shrimps and Sichuan vegetables (optional); stir-fry for ½ minute. Add long beans, soy sauce, chili oil, wine, sugar, salt, fish sauce and water. Stir-fry, mixing all the ingredients well, until dry. Add scallions and sesame oil. Serve. For a more tangy taste, add 1 teaspoon vinegar to the water.

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