

Quick-Fried Long Beans with Garlic Recipe

Ingredients:

500 g long beans
2 tablespoons peanut oil
1 small clove garlic, crushed
½ teaspoon finely grated fresh ginger
1 teaspoon sesame oil
Pinch of salt
A dash of fish sauce

Method:

Wash and cut beans into 5 cm lengths. Heat oil in a wok or frying pan and add garlic, ginger and beans and fry, stirring constantly over high heat, for 2 minutes. Stir in sesame oil, salt and fish sauce. Serve at once.

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