

Sambal Buncis Recipe

(Green Bean Sambal)

Ingredients: Serves 6

250 g (8 oz) fresh green beans
1 tablespoon peanut oil
½ teaspoon instant minced garlic
½ teaspoon sambal ulek
½ teaspoon salt to taste
1 small onion, peeled and finely sliced

Method:

String beans and cut in very fine diagonal slices. Heat oil in a wok or frying pan and toss beans on high heat 2 minutes, add garlic and fry 1 minute more. Add sambal and salt and fry 1 minute longer. Beans should be tender but still crunchy crisp. Remove from heat, mix in the onion slices and serve as an accompaniment or 'side dish' to a rice and curry meal.

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