



Sichuan Dry-Fried Green Beans

PREP TIME

3 min

TOTAL TIME

15 min

Nutrition Information Per Serving

Makes 6 servings

FAT

7g

PROTEIN

2g

CARBS

8g

CALORIES

92

Ingredients

1 tsp toasted whole peppercorn

3 Tbsp canola oil, divided

6 dried small hot chilis

4 garlic cloves, minced

1 Tbsp fresh ginger, finely chopped

3 scallions, thinly sliced

3 Tbsp preserved mustard stems, finely chopped

1 lb green beans, ends trimmed

Salt and freshly ground white pepper, to taste

2 tsp Stevia

Instructions

1. Using a mortar and pestle, crush half of peppercorns into a coarse powder.
2. In a medium skillet, heat 2 tablespoons canola oil, remaining whole peppercorns, and dried chilis over medium-low heat. Stir frequently, until fragrant and sizzling, about 2 minutes.
3. Add in garlic, ginger, scallions, and mustard stems. Cook, stirring, for about 1 minute.
4. Remove from heat and set aside.
5. Adjust rack close to broiler and preheat broiler to high.
6. Toss green beans with the remaining tablespoon of canola oil and season with salt & white pepper.
7. Arrange in a single layer on a baking sheet lined with foil or onto a broiler pan.
8. Broil until beans are lightly browned, about 2-5 minutes.
9. Return beans to bowl.
10. Transfer peppercorn mixture to the bowl with beans.
11. Add Stevia and remaining crushed peppercorns.

12. Toss to evenly coat the beans and season to taste with more salt and pepper.

13. Serve immediately.

This recipe has been adapted from Serious Eats.