

# **Stir-fried green beans**

Total time **15 mins 10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):

1277 kJ / 305 kcal

## **INGREDIENTS**

2 portion(s)

200 g green beans100 g pak choi500 ml water1 tsp salt

**1** shallot onion

**1 piece** of ginger (approx. 1.5

cm)

**3.5** cloves of garlic

**2.5 tbsp** oil

**1.5 tbsp** Kikkoman Naturally

**Brewed Soy Sauce** 

**2 tbsp** Kikkoman Teriyaki Sauce

with Roasted Garlic

1 tsp roasted peanuts1 tbsp green spring onion

(chopped)

Fat: **18.3** g Protein: **6.2** g Carbohydrates: **34.0** g

### **PREPARATION**

Step 1

**200 g** green beans - **100 g** pak choi - **500 ml** water - **1 tsp** salt

Wash and clean the green beans. Bring the water to the boil, add salt and cook the green asparagus beans until al dente. Put the beans in a sieve and rinse with cold water. Cut the pak choi into 4 pieces.

### Step 2

**1** shallot onion - **1 piece** of ginger (approx. 1.5 cm)

- 3.5 cloves of garlic - 2.5 tbsp oil

Finely chop the shallot, ginger and garlic. Pour the oil into a pan and sauté the vegetables for about 1 minute. Add the green beans and fry for 3-4 minutes. Add the pak choi.

### Step 3

**1.5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** Kikkoman Teriyaki Sauce with Roasted Garlic - **1 tsp** roasted peanuts - **1 tbsp** green spring onion (chopped)

Season with Kikkoman Soy Sauce and Kikkoman Teriyaki Sauce with Roasted Garlic. Add the roasted peanuts and mix well. Place the finished dish on a plate and garnish with chopped spring onion.