

Stir-fried green beans

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

Nutritional facts (per portion):
1277 kJ / 305 kcal

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

INGREDIENTS

2 portion(s)

200 g	green beans
100 g	pak choi
500 ml	water
1 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 peanuts
1 tbsp	green spring onion (chopped)

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.