



RASA MALAYSIA
easy delicious recipes

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STRING BEANS (FRENCH BEANS)

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I made this string beans (french beans) recipe a few months ago but haven't gotten to posting it. Called 干煸四季豆, this is a popular Chinese recipe that is mostly served in Chinese restaurants here in the US.



I love the texture of the deep-fried string beans; the great flavors came from stir-frying the string beans (french beans) with dried chilies, dried shrimp, and ground pork.

This is another [Chinese restaurant recipe](#) that is worth trying out so please read on and get my string beans/french beans recipe below.



HOW MANY CALORIES PER SERVING?

This recipe is only 102 calories per serving.

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STRING BEANS/FRENCH BEANS RECIPE (干煸四季豆)

SERVINGS **4** PEOPLE

A popular and delicious string bean recipe served in Chinese restaurants all over the US.

CALORIES 102 KCAL

AUTHOR [BEE | RASA MALAYSIA](#)

INGREDIENTS

- 8 oz. string beans, french beans
- 2 oz. ground pork



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- 1 tablespoon dried shrimp, rinsed in warm water and chopped
- 1 teaspoon [Shaoxing wine](#)
- 1/4 teaspoon salt
- 1/4 teaspoon [chicken bouillon powder](#)
- 3-5 dried red chilies
- 1/2 inch ginger, finely chopped
- 2 cloves garlic, finely chopped
- 1/4 teaspoon sugar
- 1 tablespoon oil
- oil for deep frying

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DIRECTIONS

- ¹ Trim the ends of the string beans (french beans), rinse with water, drain, pat dry, and set aside.
- ² Heat up a wok with enough oil for deep frying. When the oil gets smoky hot, transfer the string beans into the oil and quickly fry them. As soon as the skin of the string beans (french beans) becomes wrinkly, transfer out and line with paper towels to absorb the excess oil.
- ³ Heat up 1 tablespoon oil in a wok. Add the chopped garlic and ginger and lightly stir-fry. Add in the chopped dried shrimp, ground pork, and dried chilies and stir-fry

until aromatic, and then follow by the string beans (french beans). Add the rest of seasonings and continue stirring for a few times, dish out, and serve immediately.

Nutrition Facts	
String Beans/French Beans Recipe (干煸四季豆)	
Amount Per Serving (4 people)	
Calories 102	Calories from Fat 54
% Daily Value*	
Fat 6g	9%
Saturated Fat 4g	25%
Cholesterol 52mg	17%
Sodium 318mg	14%
Potassium 160mg	5%
Carbohydrates 4g	1%
Fiber 1g	4%
Sugar 2g	2%
Protein 6g	12%
Vitamin A 415IU	8%
Vitamin C 7.4mg	9%
Calcium 38mg	4%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

COURSE: SIDE DISH **CUISINE:** CHINESE **KEYWORD:** STRING BEANS



59
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