





# String Beans/French Beans Recipe (干煸四季豆)

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

 <b>Course</b>	Side Dish
 <b>Cuisine</b>	Chinese
 <b>Keyword</b>	String Beans
 <b>Servings</b>	4 people
 <b>Calories</b>	102 kcal
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## Ingredients

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

## Instructions

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\***

<b>Fat</b> 6g	<b>9%</b>
Saturated Fat 4g	<b>25%</b>
<b>Cholesterol</b> 52mg	<b>17%</b>
<b>Sodium</b> 318mg	<b>14%</b>
<b>Potassium</b> 160mg	<b>5%</b>
<b>Carbohydrates</b> 4g	<b>1%</b>
Fiber 1g	<b>4%</b>
Sugar 2g	<b>2%</b>
<b>Protein</b> 6g	<b>12%</b>
<b>Vitamin A</b> 415IU	<b>8%</b>
<b>Vitamin C</b> 7.4mg	<b>9%</b>
<b>Calcium</b> 38mg	<b>4%</b>
<b>Iron</b> 1mg	<b>6%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

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