

Stir-fried Chinese Green Beans with Pork

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beans-mince-recipe>

Ingredients:

- 8 ounces ground pork 225g, can substitute ground chicken or beef
- 1 tablespoon Shaoxing wine
- 1 tablespoon light soy sauce
- 1 teaspoon dark soy sauce
- 2 tablespoons water
- 2 tablespoons ginger minced
- 1/2 teaspoon sugar
- 1 teaspoon cornstarch
- 3 tablespoons oil divided
- 1 pound green beans 450g, chopped to 1/2-inch pieces
- 2 tablespoons garlic minced
- 1/2 red bell pepper diced finely
- 4 red chilies chopped, optional
- 1/4 teaspoon sugar
- 1 teaspoon sesame oil
- 1 tablespoon light soy sauce
- 1/4 teaspoon ground white pepper
- 1/8 teaspoon salt a pinch, or to taste
- 2 tablespoons water

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 40 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 13 grams

7. SaturatedFat: 6 grams
 8. Sodium: 640 milligrams
 9. Sugar: 5 grams
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