

# Spicy Long Beans with Chicken

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-long-bean-with-oyster-sauce-recipe>

## Ingredients:

- 1 bunch long beans about 16 long beans per bunch, cut in 6 parts lengthwise
- 2 chicken thigh fillets diced, to save time, use 100g already minced chicken from the butcher
- 1 chilli birds eye, thinly sliced, or 1/2 half normal chilli or 1/2 tsp of chilli flakes
- 3 garlic cloves finely chopped
- 1 teaspoon soy sauce
- 1 teaspoon dark soy sauce if not, you can substitute dss with 1/2 tsp sugar
- white pepper Some
- 2 drops sesame oil
- 1 tablespoon oyster sauce
- 1 tablespoon water
- 1 boiling water kettle of

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 195 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 9 grams
8. Sodium: 730 milligrams

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