

Asian Inspired Sautéed Green Beans and Onions

Prep Time: 15 min

Cook Time: 10 min

Servings: 4

Add a deep savory flavor (umami) to a simple dish of sautéed green beans and onions with two commonly used ingredients in Asian cooking; hoisin sauce and tamari. Hoisin sauce, commonly used in Cantonese cooking, is a sweet and savory condiment made in part with miso paste, sugar, vinegar, and garlic. Tamari is a naturally fermented soy sauce commonly used in Japanese cooking.



Ingredients

- 1 pound fresh green beans, washed & drained
- 1 medium onion
- 1-2 Tbsp olive oil
- 1 tsp granulated garlic
- 1 Tbsp hoisin sauce
- 1 Tbsp tamari (soy sauce may be substituted)
- red pepper flakes, good pinch
- salt & pepper, to taste

Steps

1. Snap or cut the ends off the green beans.
2. Cut onion in half & peel. Slice into 1/4-inch-thick strips.
3. Add 1/2 cup water to a sauté pan and bring to a boil over medium-high heat, add green beans in an even layer and cover. Mock steam for 2-3 minutes. Remove green beans and set aside, discard any remaining water and return pan to heat.
4. Add olive oil, onions, garlic & red pepper flakes to pan & sauté until slightly brown. Return green beans to pan and add hoisin sauce and tamari. Mix ingredients well and add a teaspoon of water/stock if needed to loosen sauce. Reduce heat to medium-low and cover. Cook 2-3 minutes until bean are tender but not limp.
5. Adjust seasoning and serve hot.