
Grilled Chinese Long Beans

Total time: 20 min Yield: 4 servings

Ingredients

- 1 lb Chinese long beans
- 1 Tbsp olive oil
- 1 Tbsp black bean garlic sauce
- 1 Tbsp fish sauce
- 1 lime (juiced)
- 1 Tbsp chili paste or sriracha
- 1/2 Tbsp honey
- 1 mango (peeled, julienned)
- 1 cup Thai basil (rough chopped)
- 1/2 cup chopped peanuts

Prep Time: 10 min Cooking Time: 10 min Total Time: 20 min

Instructions

Wash the long beans and remove the stems; pat dry.

Place the olive oil, black bean garlic sauce, fish sauce, lime juice, chili paste or sriracha and honey into a small bowl and mix well.

In a large bowl, place the long beans and half of the marinade and toss it until evenly coated. Marinate for 10 minutes.

Preheat your grill or grill pan on high. Place the long beans onto the grill or pan and cook until tender and charred, about 2 minutes per side on grill or 4 minutes per side in grill pan.

Once grilled, place the long beans back into the marinade bowl and pour in the remaining half of marinade. Add the mango, Thai basil and peanuts and toss to evenly coat. Serve this zesty, healthy side dish with your favorite entree.

Recipe brought to you by:

Chef Ryan Covert