

GARLIC SESAME GREEN BEANS



SERVING SIZE



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green Beans (About 20 green beans)	1 cup	Salt	1/8 tsp.
Olive Oil	1 Tbsp.	Black Pepper	1 tsp.
Toasted Sesame Oil	1 Tbsp.	White Pepper	1 tsp.
Cloves Garlic	2		



PREPARATION

- 👉 Wash the green beans thoroughly, trim off the stem ends and cut into 1/2 pieces.
- 👉 In a large pot, bring water to a boil. Add a pinch of salt to the boiling water.
- 👉 Add the green beans and cook for about 2-3 minutes until they become bright green and slightly tender. Transfer them to a plate and set aside.
- 👉 Heat olive oil in a skillet over medium heat.
- 👉 Add the blanched green beans to the skillet. Toss them with the sauteed diced garlic to coat evenly.
- 👉 Drizzle the toasted sesame oil over the green beans and toss to combine. Season with salt, black pepper, and white pepper to taste.
- 👉 Continue to saute the green beans for about 2-3 minutes, or until they absorbed the flavors of the garlic and sesame oil. Be sure to stir frequently to prevent burning.
- 👉 Transfer the garlic sesame green beans to a serving dish.
- 👉 Enjoy!