Chinese Green Beans and Turkey
A quick, delicious, light dinner.
Ingredients:
1 TBL sesame oil
1 small bunch scallions, whites and
greens separated and sliced
2 cloves garlic, minced
1 TBL ginger, minced
2-3 tsp Chinese Five Spice
1 LB ground turkey, browned in a
pan with some oil
2 TBL hoisin sauce
3 TBL soy sauce
1 TBL rice vinegar
1 TBL fresh green beans, washed and
trimmed
Spices Used: Chinese Five Spice
Instructions:
1 - In a large pan or wok over medium-high heat, add sesame oil
2 - Add white parts of scallions and cook for 1 minute.
3 - Add garlic and ginger. Cook for 1 minute.
4 - Add Chinese Five Spice. Cook for 1 minute.
5 - Add browned turkey and cook for 3 minutes.
6 - Add hoisin, soy sauce and rice vinegar.
7 - Add green beans. Mix together. Cover and let green beans
steam until done (7-9 minutes).
8 - Serve with rice or noodles. Garnish with green part of scallions.