



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GREEN BEANS ADOBO

Time: 20 minutes

Serves: 4

Ingredients:

2 teaspoons canola oil
5 shallots – thinly sliced
3 large cloves garlic – finely chopped
1 pound green beans – trimmed
¼ cup soy sauce
⅛ cup suka (or rice) vinegar
¼ teaspoon fresh ground black pepper

Preparation:

Place a heavy pan or wok on high heat and add the oil.

When the oil is hot, add the shallots and garlic, stir-frying for one minute.

Add the remaining ingredients and toss well. Reduce heat to medium-low, cover and cook for five minutes.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 67
Fat: 3g
Carbs: 11g
Fibre: 4g
Protein: 2g