



# THAI FRIED GREEN BEANS

SERVINGS: 4

PREP TIME: 20 MIN

**This is not your Thanksgiving green bean casserole! A recent trip to Thailand has me enamored with fish sauce. While it can be intimidating at first, the umami-filled sauce adds an undeniable depth of flavor to any dish. Sautéed with green beans, peppers, soy, lime, and brown sugar- this dish will transport you from the kitchen to a Thai paradise.**

## Ingredients:

- ½ lbs green beans, ends trimmed
- ½ lbs red bell pepper, julienned
- ½ bunch green onion, chopped
- ½ bunch cilantro, chopped
- 3 TBL sesame oil
- 2 TBL fish sauce
- 2 TBL lime juice
- 2 TBL soy sauce (can substitute tamari or bragg's aminos)
- 1 TBL red chile flake
- 1 TBL brown sugar

## Preparation:

1. In a small bowl, combine fish sauce, lime juice, soy sauce, chile flakes, and sugar. Set aside.
2. Heat a large sauté pan on high heat. Add sesame oil, then green beans and red bell peppers.
3. Once vegetables start to become slightly tender, add fish sauce marinade to pan and allow the vegetables to finish cooking in the sauce. Cook for approximately 3-4 minutes until sauce reduces enough to coat vegetables.
4. Finish by tossing with green onion and cilantro. Serve immediately.



**Taste the bounty of the season!**

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