

Wok-fried pork mince and green beans

BY ADAM LIAW

TIME: < 30 mins | SERVES: 2



Wok-fried mince and green beans. *Photo: William Meppem*

The secret to this dish lies in frying the beans until they become wrinkled. You can do this with blanched beans if you want to use less oil, but the taste isn't quite the same.

Ingredients

250g pork mince
1 tbsp dark soy sauce
1 tsp cornflour
350g green beans, stems picked
4 tbsp olive oil
2 cloves garlic, roughly chopped
1 large red chilli, sliced
2 tbsp oyster sauce
pinch of sugar

Method

Combine the pork mince, soy sauce and cornflour and mix well. Set aside. Cut the green beans into 2cm pieces. Heat a wok over high heat and add the oil. Fry the beans in the oil for about 4 minutes, until they appear dry and wrinkled. Remove the beans from the wok with a slotted spoon or tongs, leaving the oil in the wok.

Add the garlic and chilli to the wok (if there isn't enough oil left you can add a little more) and fry until the garlic just starts to brown. Add the pork and fry until well browned, then return the beans to the wok, add the oyster sauce, sugar and a few tablespoons of water, and toss until well mixed. Remove to a plate and serve immediately.

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