



# Minced Pork and Long Beans Stir Fry

NIBBLEDISH CONTRIBUTOR

## Ingredients

- about 8-10 long beans, rinsed and cut into 2-inch lengths - 250g minced pork - 2 tbsp salted, crushed fermented soya beans (should be able to find this in asian sections of supermarkets) - 2 tsp dark soya sauce - 1 tsp light soya sauce - finely ground white pepper - 2 tbsp sesame oil - dash of fish sauce - 2 tsp corn flour - 1 large clove of garlic, finely minced/grated - sunflower/peanut/canola oil

## Instructions

This is one of those dishes that my mom always used to cook at home - I never really knew what went into it, but after having moved out, I suddenly craved for it one day and decided to try to replicate it. I think I did an alright job. :) Try it for yourself! Notes: Depending on the brand of salted soya beans you buy (you can also use the un-crushed kind if that's all you can find - just give it a bit of a mash with a fork before adding it in), you might want to try using a tad less salty seasoning. Also, you can actually use whatever oil you want - just try to avoid olive oil 'cos the heat will be fairly high, and you also want to use an oil that doesn't have a distinctive taste. (Serves 2-4, depending on how hungry you are, and goes awesomely with steamed jasmine rice.) 1. Wash and cut the long beans into 2-inch lengths, then set aside. 2. In a bowl, combine together the pork, salted soya beans, both types of soya sauce, fish sayce, pepper and half the sesame oil. Mix well with a fork until thoroughly combined. 3. Add to the pork-mixture your corn flour, and mix well again, making sure the corn flour is evenly distributed. Set this aside for about 5-10 minutes. 4. In wok, heat about 2-3 tbsp of sunflower/peanut/canola oil on high until smoking, then add in your garlic. Fry for about 10-20 seconds until fragrant (the heat will be very strong so be careful it doesn't burn), then add the pork in. Using a ladle/spatula, keep the pork moving around, being sure to break up the chunks. The trick to stir-frying is to just keep everything moving \*all the time\*. 5. When only 30% or so of the pork is still pink (after about 2-3 minutes?), add in your long beans. Reduce the heat to medium, and keep stirring the mixture for another

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5-8 minutes, or until the beans are cooked through and tender, but still have a nice crunch to them. 5. Take the pan off the heat, and stir through the remaining sesame oil, and adjust the seasoning if necessary. Transfer to a warm plate, and serve with steamed jasmine rice.