



## Quick Green beans in Soy & Sesame sauce

NIBBLEDISH CONTRIBUTOR

### Ingredients

1. ~200gr of green beans (frozen or fresh)
2. A bit of olive oil
3. 1 tea spoon crashed ginger
4. 1 tea spoon crashed garlic
5. ~3 spoons of sesame
6. ~5 spoons of Soy Sauce (I used mushroom flavored soy souse but plain will do fine)

### Instructions

This is a very quick and simple way to cook green beans

1. Put the oil in a wok or a large pan
  2. Heat on medium heat
  3. Add the garlic and ginger
  4. Add the beans and fry for a few minute
  5. Add the soy sauce, you can add a few spoons of water as well
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6. Keep on a medium to low heat until the beans are nice and crisp
  7. In a none stick pan heat the sesame seeds until they are brown
  8. Add to the wok and serve
  9. Enjoy (-: