

Green Beans with Sesame, Red Chili and Garlic

Ingredients

One pound green beans, cleaned and trimmed
3 tablespoons sesame oil
2 red jalapeños (or other spicy pepper), thinly sliced
3 cloves garlic, finely sliced
½ teaspoon salt
½ teaspoon pepper

Instructions

- 1 Bring pot of water to a boil, add salt, and blanch the green beans for 3 minutes.
 - 2 While the beans are blanching, heat a pan to medium-high with the sesame oil.
 - 3 Add jalapeño, garlic, salt and pepper to pan. (The jalapeño and garlic should sizzle but not burn.) Cook for 3 minutes, stirring occasionally.
 - 4 Drain water from green beans, then add to the pan.
 - 5 Toss for 1 minute, then garnish with sesame seeds and serve.
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