

delicious dish

Stir-Fry in a Snap
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
stir fry Chinese garlic green beans with protein variation	1 pound green beans Fresh garlic	Kosher salt Neutral oil Optional Spice (any): Chili flakes, Fermented chili bean paste, Whole dried chilies (arbol) roughly chopped, Fresh chili Optional Ingredients 115 grams/ ¼ pound ground chicken, pork or mashed extra from tofu Light soy sauce Dark soy sauce Shaoxing wine or mirin Sugar	Wok or heavy fry pan	Trim beans Have all ingredients ready
beef chow fun	1 pound steak, I use NY strip, flank or tenderloin 8 green onions Fresh ginger Fresh garlic 12 ounces wide or extra wide rice noodles, preferably fresh but dried are ok 1-2 cups bean sprouts	Neutral oil for stir frying Baking soda Light soy sauce Dark soy sauce (or more light) Sugar Sesame oil Shaoxing wine (or mirin, sake or dry sherry)* White pepper Cornstarch	Wok or heavy fry pan	Have all ingredients ready