DietCloud – Recipe

Recipe Name: Asian Style Sweet & Spicy Green Beans Recipe

Diet Type:

Course: Side Dish

Cuisine: Thai

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Green beans (French Beans) - cut into half	4
• 3 cloves Garlic - finely chopped	
• 1 tablespoon Soy sauce	
• 2 tablespoons Thai Sweet Chilli Sauce	
• 1 Lemon - juice	
• 2 tablespoons Rice Wine Vinegar	
• 1/4 cup Roasted Peanuts (Moongphali)	
• Salt - to taste	
• 1 tablespoon Sesame (Gingelly) Oil	

Preparation

• To begin making the Asian Style Sweet & Spicy Green Beans Recipe, firstly add the green beans into a pressure cooker with salt to taste and 2 tablespoons of water.
• Pressure cook the beans for one whistle and release the pressure immediately and keep aside.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	6	7	2	2