

# Green beans with Fermented Black Beans

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom  
or 6 serves at home as a side dish

**Fresh from the garden:** chilli, garlic, green beans

**Recipe source:** Adapted from a recipe by Peta Heine, Collingwood College, Victoria

This quick tasty dish is a great way to use up the never-ending bean supply from the garden!  
It is lovely served with **Basic Steamed Rice**.

## Equipment:

clean tea towel  
chopping board  
cook's knife  
metric measuring spoons  
small bowl  
fork  
deep frying pan  
with lid  
wooden spoon

## Ingredients:

2 garlic cloves, finely chopped  
2 tsp fermented black beans  
1 tbsp extra-virgin olive oil  
2 large handfuls of green beans,  
trimmed and cut in half  
1 long red chilli, de-seeded and  
chopped  
1 tsp sugar  
6 tbsp water



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. In the small bowl, mash the garlic and black beans together with a fork.
3. Heat the oil in the frying pan over a high heat. Add the garlic and black bean paste and sauté for 30 seconds.
4. Add the green beans and stir to coat them in the paste.
5. Add the chilli and sugar. Stirring quickly and at the same time, add the water to the bean mixture.
6. Put the lid on the frying pan and reduce the heat to medium. Cook for a further 4 minutes, then serve.

