



STRING BEAN CHICKEN

Yet another slimmed down version of a traditional Chinese recipe

I know that as far as Chinese fast food goes, the String Bean Chicken at Panda Express is pretty low-ish in calories and points already... but I can't leave well enough alone. My wife requested this dish because it's her favorite chicken entree on Panda's menu. Rather than simply making a copycat fast food recipe, which is what ALL the skinny bloggers do, I actually visited the website of a famous Chinese Chef, based in Taiwan, then modified his personal recipe.

Servings Info.:

Yields: 9 cups
Servings: 6
Serving Size: 1-1/2 cup



R D
0-0

- last checked 11/29/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken & Marinade:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin strips
- 1 Tbsp reduced sodium soy sauce
- 1/4 tsp sesame oil
- 1/2 tsp baking soda. Trust me, roll with the madness.

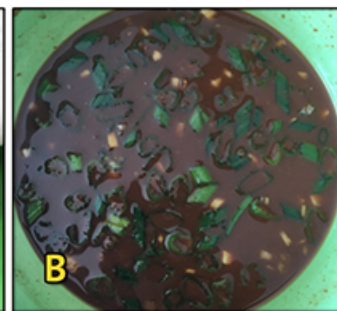
Sauce:

- 2 Tbsp reduced sodium soy sauce
- 3 Tbsp black bean sauce *** (see notes)
- 2 tsp 'dark' soy sauce
- 1 Tbsp white wine *** (see notes)
- 1/2 cup chicken broth
- 1 Tbsp 0 calorie sugar replacement o' choice
- 1 Tbsp cornstarch dissolved into 2 Tbsp water
- 4 medium garlic cloves, finely chopped
- 1/2 tsp fresh ginger, minced
- 3 green onions, sliced thin on a bias
- 1/4 tsp cracked black pepper

Additional Ingredients:

- 1 onion, quartered and sliced into thin strips
- 1-1/2 lb bag (24oz) fresh green beans, ends trimmed off. Cut into 1-1/2 to 2 inch lengths.
- 1 tsp sesame seeds, for garnish, if desired

Directions:



1. (A) Add the sliced chicken to a bowl. Stir together the soy sauce, sesame oil and baking soda, then coat the chicken with the mixture. Allow to rest for 30 minutes.
(B) In a separate bowl, combine the 'Sauce' ingredients. Set aside.



2. (A) Prepare the onions and green beans, set aside.
(B) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the marinated chicken. Cook for 4-5 minutes, or till the chicken is just cooked through.

3. Once the chicken is cooked through, remove it from the pan, set aside, then return pan to the heat.



4. (A) Give the pan a few seconds to get back up to heat, then turn it up to High heat. Add the green beans and onions, spread them around the pan, then LEAVE THEM ALONE for 1 minute. Seriously, don't even shake the pan. After 1 minute, stir the contents, then let it sit again, untouched, for 1 more minute. Sear them babies! (B) Pour 1/4 cup water into the pan and cover with a lid. Lower the heat to Medium and steam the veggies for 4 minutes. (C) Remove the lid and pour the sauce over the veggies. Cook for 2 minutes, or until the sauce just begins to start thickening. (D) Add the chicken back into the pan, stir to combine, cook until the sauce has thickened and has slathered the dish in awesome-sauce. Try one of the green beans. If you'd like them a little softer, cook till desired doneness. Garnish with sesame seeds.

NOTES & SUGGESTIONS:

- **BLACK BEAN SAUCE:** BBS is essential for the traditional version of this dish. Check for it in the Asian food aisle of your local grocery stores. I had to check 6 stores before I found it. You can fix that by ordering some online from walmart or elsewhere. Note, different brands are different points. I used 'Kikkoman' brand, Black Bean Sauce with Garlic, which is 2 points for 3 Tbsp. If you cannot get black bean sauce, use oyster sauce as a replacement, though it'll be a drastically different flavor. I highly recommend the black bean sauce.
- **WHITE WINE:** What the heck?... Well, The traditional recipe calls for an Asian sweet wine. I'm not going to tell you to buy that. Instead, we're using regular white wine plus some sweetener, in the sauce. Problem solved.
- **PROTEIN:** It goes without saying, for a vegetarian option, you can replace the chicken with firm tofu.
- **GREEN BEANS:** For the love of Jackie Chan, please use fresh green beans for this. They sell bags of them in the produce aisle, all you need to do is trim the ends and cut to length. I suppose you COULD use frozen green beans... but your dish will end up a sad, soggy, mushy mess. Bleh.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **GREEN BEAN FIRMNESS:** Again... use my cook time for the final dish as a base. If you want your green beans to be a little softer, let it cook longer. The chicken WILL NOT DRY OUT. That baking soda trick works wonders for the texture of the chicken breast pieces.

