

Sesame Orange Chinese Long Beans

2 T grapeseed oil
1 T ginger, minced
1 lb Chinese long beans, cut into 2" pieces
1 T sesame oil
2 T tamari
3 T ponzu sauce
1 T garlic-chili sauce
fresh squeezed orange juice to taste
orange zest to garnish
black & white sesame seeds to garnish

Heat grapeseed oil in a sauté pan over medium high heat. Add ginger, long beans and sesame oil and cook for one minute. Add tamari, ponzu sauce, garlic-chili sauce and orange juice and cook until the beans become tender. Remove from heat and finish with orange zest and sesame seeds.



ATLANTA BOTANICAL GARDEN