

Ken Hom's Bright Pepper and Green Bean Stir-Fry

Serves 4-6

225g red peppers
1 tbsp sunflower oil
2 tbsp coarsely chopped garlic
225g French beans, trimmed and left whole
4 tbsp water or vegetable stock
½ tsp salt
Freshly ground black pepper to taste

Method:

1. De-seed the peppers and cut them into strips.
2. Heat the wok, add the oil then add the garlic, red peppers, beans, salt and pepper and stir-fry for 2 minutes. Then add the water or stock, cover tightly and continue to cook for another 4 minutes until the vegetables are tender. Serve at once.