

# Colorful Teriyaki String Beans

Recipe By *Chanie Nayman*



Cooking and Prep:  35  
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Serves:  6

Contains:   

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Shabbat

**Diet:** Vegan, Low Carb,

Vegetarian, Pescetarian

**Source:** Family Table by

Mishpacha Magazine

This dish kind of reminds me of a stir-fry, but with all the colors, it's nice enough to serve for Shabbos. I love the "flowers" that the mini peppers create.

## Ingredients (13)

### Main ingredients

- 1 12-ounce (340 grams) bag string beans
- oil, for sauteing
- 1 cup carrots, slivered
- 2-3 stalks celery, thinly sliced

- 5 mini peppers, assorted colors, sliced into rings
  - 3 cloves garlic, thinly sliced
  - 1/4 cup **Haddar Teriyaki Sauce**, or soy sauce
  - 2 tablespoons sugar
  - 2 tablespoons **Bartenura Olive Oil**
  - 2 teaspoons **Gefen Sesame Oil**
  - 1 teaspoon salt
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon dried ground ginger
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## Start Cooking

### Prepare String Beans

1. Place string beans in a large frying pan and cover generously with water.
2. Add salt and bring to a boil.
3. After three to four minutes, remove string beans from heat and place into a bowl with ice water, to stop the cooking. (They will be on the crispier side, but if you are rewarming for Shabbos they will cook more then.)
4. Drain the ice water from the bowl and set aside.
5. Heat oil for sautéing in the same frying pan and sauté carrots, celery, and garlic cloves for approximately five minutes.
6. Add the peppers, string beans, and teriyaki or soy sauce.
7. Sauté for approximately three minutes.
8. Add remaining ingredients.
9. Immediately remove from heat and place in a foil pan until ready to serve.

### Credits

Photography: Daniel Lailah

Styling: Amit Farber