



WHATSheATE



Stir-Fried Asparagus and Snake Beans with Chile Jam and Kaffir Lime



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1 pound slender asparagus spears trimmed cut into 2-inch lengths
- ☐ 2 ounces shrimp dried drained
- ☐ 3 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 1.3 inch long piece galangal fresh peeled thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 6 ounces green beans chinese trimmed cut into 2-inch lengths (long beans)
- ☐ 4 kaffir lime leaves

- ☐ 0.5 cup low-salt chicken broth
- ☐ 0.5 cup coconut sugar
- ☐ 10 small chiles dried red drained (such as chiles de árbol)
- ☐ 2 cups onions red thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 1 square tamarind pulp seedless cut into pieces (from 16-ounce block; there may be some seeds)
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water hot ()

Equipment

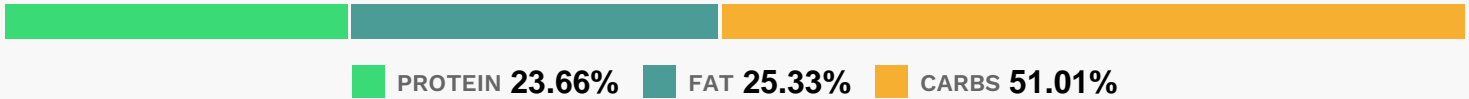
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ wok
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Remove any seeds from tamarind pulp and place pulp in mini processor.
- ☐ Add 1/2 cup hot water and puree until smooth, adding more hot water if mixture is thick. Using rubber spatula, press enough tamarind mixture through fine sieve to measure 1/3 cup. Set aside.
- ☐ Heat heavy large wok or skillet over medium heat.
- ☐ Add galangal and dry roast until charred and tender, stirring often, about 8 minutes; transfer to bowl.
- ☐ Heat oil in same wok over medium-high heat.

- ☐ Add onions and cook until golden, about 7 minutes. Using slotted spoon, transfer onions to paper towels to drain.
- ☐ Add garlic to same oil. Cook until lightly browned, about 3 minutes. Using slotted spoon, transfer to bowl with galangal.
- ☐ Add chiles to same oil. Cook just until slightly darker in color, about 10 seconds. Using slotted spoon, transfer chiles to bowl with galangal.
- ☐ Add shrimp to same oil. Cook 1 minute. Using slotted spoon, transfer to paper towels to drain. Reserve oil in wok.
- ☐ Combine galangal, garlic, and chiles from bowl, onions, and shrimp in processor. Blend until paste forms (paste may not be completely smooth).
- ☐ Transfer paste to heavy medium saucepan.
- ☐ Mix in 1/4 cup reserved oil from wok and stir over medium heat until very hot.
- ☐ Add palm sugar, fish sauce, and tamarind pulp. Stir chile jam to blend. DO AHEAD: Can be made 1 month ahead.
- ☐ Transfer to bowl, cover, and chill.
- ☐ Heat oil in large wok or heavy skillet over medium heat.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add asparagus, beans, and lime leaves; toss to combine.
- ☐ Add broth, sugar, and chile jam. Stir-fry until vegetables are tender and sauce thickens enough to coat, about 5 minutes.
- ☐ Transfer vegetables to bowl and serve.
- ☐ To quickly chop the garlic called for in this recipe, use a mini processor instead of a knife.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:6.31, Inflammation Score:-7, Nutrition Score:7.9934782904127%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg,

Kaempferol: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg

Nutrients (% of daily need)

Calories: 133.18kcal (6.66%), Fat: 4.01g (6.17%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 16.1g (5.86%), Sugar: 10.36g (11.51%), Cholesterol: 80.8mg (26.93%), Sodium: 808.44mg (35.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin K: 30.69µg (29.23%), Vitamin A: 779.83IU (15.6%), Folate: 54.07µg (13.52%), Vitamin C: 10.6mg (12.85%), Iron: 2.05mg (11.37%), Manganese: 0.22mg (10.91%), Magnesium: 34.25mg (8.56%), Vitamin B1: 0.13mg (8.37%), Fiber: 2.07g (8.29%), Potassium: 271.58mg (7.76%), Vitamin B2: 0.13mg (7.71%), Copper: 0.15mg (7.5%), Vitamin B6: 0.15mg (7.37%), Calcium: 67.46mg (6.75%), Vitamin E: 0.95mg (6.31%), Phosphorus: 60.81mg (6.08%), Vitamin B3: 1.11mg (5.54%), Selenium: 2.57µg (3.67%), Zinc: 0.5mg (3.32%), Vitamin B5: 0.23mg (2.35%)