

Ginger-Garlic Chicken With Green Beans

- 8 ounces frozen green beans
- 2 tablespoons vegetable or grapeseed oil
- 1/2 medium yellow onion (4 ounces total), chopped
- 2 garlic cloves, minced or finely grated
- One (1 1/2-inch) piece fresh ginger, peeled and minced or finely grated
- 3 to 4 boneless, skinless chicken thighs, trimmed of excess fat and cut into bite-size pieces
- 2 teaspoons low-sodium soy sauce, or more as needed
- 1/2 cup water
- 1/2 cup packed fresh basil leaves, torn if large
- Fine salt
- Freshly ground black pepper
- Hot sauce (optional; see headnote)
- Crushed red pepper flakes (optional; see headnote)
- Cooked rice or rice noodles, for serving

Step 1

Wrap the green beans in clean kitchen towels so they defrost a bit, about 10 minutes, then cut into 1-inch pieces if they're whole.

Step 2

In a wok or deep saute pan over medium-high heat, heat the oil until shimmering, then swirl it around to coat the sides and bottom of the wok or pan. Add the onion, garlic and ginger, and stir-fry just until fragrant, about 40 seconds. Add the chicken and stir-fry until the pieces take on some color and are almost cooked through, about 4 minutes.

Step 3

Add the green beans and soy sauce, and stir-fry for 1 minute, then add the water. Cover and cook for 3 or 4 minutes, then uncover, stir in the basil leaves and season lightly with salt and pepper.

Step 4

At this point, the flavor will be mild. Taste, and add more soy sauce, as needed. Serve your guests who like it that way, and then season what's left in the pan with a spicy component such as hot sauce or crushed red pepper flakes before dishing out the rest. Serve with rice or noodles.

Substitutions

Boneless, skinless chicken thighs >> boneless, skinless chicken breast; pork tenderloin; strips of beef; or cubed firm or extra-firm tofu.

Green beans >> bell peppers, zucchini, frozen corn or edamame, or frozen mixed vegetables (no need to defrost).

Onion >> shallot.

Gluten-free? >> Use tamari in place of soy sauce.

