

Sichuan Stir-Fry Bowl

Serves 2 Calories per Serving: 540

The bold, spicy kick of Sichuan-style pork mingles with the smoky char of tender green beans, creating a deeply savory flavor. Each bite of pork-soaked rice carries the numbing tingle of Sichuan peppercorns, awakening the senses. It's a fiery, comforting bowl that delivers both heat and harmony with every mouthful.



1 teaspoon Sichuan peppercorns
3 tablespoons water
2 tablespoons soy sauce
1 teaspoon sugar
1 teaspoon toasted sesame oil
½ teaspoon cornstarch
1 teaspoon vegetable oil
12 ounces green beans
4 ounces ground pork
3 garlic cloves, minced
¼-½ teaspoon red pepper flakes
1 (8-ounce) can sliced water chestnuts, drained
2 cups cooked brown rice (page 189), warmed
¼ cup fresh cilantro leaves

1. Process Sichuan peppercorns in spice grinder until coarsely ground, about 30 seconds. Whisk ground peppercorns, water, soy sauce, sugar, sesame oil, and cornstarch together in bowl; set aside. Heat vegetable oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add green beans and cook, stirring frequently, until green beans are shriveled and blackened in spots, 6 to 8 minutes.
2. Add pork and cook, breaking up meat with wooden spoon until no pink remains, about 2 minutes. Stir in garlic and pepper flakes and cook until fragrant, about 30 seconds. Whisk sauce to recombine then add to skillet along with water chestnuts and cook, stirring constantly, until sauce is thickened, about 15 seconds.
3. Divide rice among individual serving bowls then top with green bean mixture and sprinkle with cilantro. Serve.