# Stir-Fried Cumin Green Beans and Chicken

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**Ready In** 25 min

**Rating** ★★★★★ (209)

The most time-consuming part of any stir-fry is chopping the ingredients into small, quick-cooking pieces. But in this very savory recipe, using ground meat streamlines the process. The tiny bits of ground chicken are also better at absorbing the seasonings, fully taking on the flavors of garlic, cumin, ginger and soy sauce, all brightened by a dash of rice vinegar. The ground chicken (or turkey) gives this a subtly meaty flavor, letting the vegetables and aromatics take center stage. But feel free to substitute ground pork, beef or lamb, if you want something richer and brawnier.

## INGREDIENTS

**Yield:** 4 servings

2 tablespoons neutral-tasting oil, such as peanut, sunflower or grapeseed, plus more if needed

1 pound ground chicken or turkey, preferably dark meat

1 teaspoon fine sea or table salt

8 ounces green beans, cut into 1-inch lengths

2 red or green chiles, seeded or not, thinly sliced

5 garlic cloves, minced

1 tablespoon grated fresh ginger

1 teaspoon cumin seeds

¼ cup cilantro or basil leaves and tender stems, chopped, plus more for serving

## PREPARATION

**Step 1**

Heat a large (12-inch) skillet or wok over medium-high

3 tablespoons rice wine vinegar, plus more for serving

4 teaspoons soy sauce, plus more to taste

1 teaspoon hoisin sauce or ½ teaspoon honey

Cooked white rice or rice noodles, for serving

Heat a large (12-inch) skillet or wok over medium-high for 1 minute. Add oil and heat for another 30 seconds — it should be hot but not smoking.

**Step 2**

Stir in chicken and ¾ teaspoon salt. Cook, breaking up meat with a spoon, until browned and crisp, 5 to 8 minutes. Transfer to a plate.

**Step 3**

Return pan to heat and add more oil if it looks dry. Stir in green beans and stir-fry until they are crisp, tender and bright green, 1 to 3 minutes. Stir in chiles, garlic, ginger, cumin seeds and remaining ¼ teaspoon salt. Cook, stirring frequently, until fragrant, about 1 minute longer.

**Step 4**

Return chicken to skillet, along with chopped cilantro, vinegar, soy sauce and hoisin sauce. Stir briefly to combine. Taste and add more vinegar and soy sauce if needed. Top with more chopped cilantro, and serve with rice or noodles if you like.

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