

Cod with Hunan Sauce and Green Beans

Ingredients

2 T Vegetable Oil
3 clv Garlic (minced)
1 c Onion (chopped)
2 lb Cod Fillets
2 lb Green Beans
6 T Oyster Sauce
2 T Dark Soy Sauce
1/2 c Water
1 t Cornstarch

Instructions

- 1.Heat a saute pan over medium heat. Add oil, garlic and onions and cook, stirring occasionally, until slightly browned.
- 2.Raise the heat to high, add cod and cook for 2 minutes on each side. Remove from the pan.
- 3.Add green beans, oyster sauce, and soy sauce to the onion and garlic mixture.
- 4.Place the cod back in the pan and baste with the sauce. Simmer for 5 minutes over medium heat.