

**FEAR'S**

# Panko-Protected Long Beans



Vegetables? Never Fear. Fried to a golden brown—this one is mouth-wateringly risk-free.

## INGREDIENTS (serves 4)

- 1 cup all-purpose flour
- 1 tbsp. seafood spice
- 1 tbsp. cornstarch
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. coarse salt
- 4 eggs, beaten
- 1/8 tsp. freshly ground black pepper
- 3/4-lb. Chinese long beans or thin green green beans, cut into 4-in.-long pieces
- 2 cup panko (Japanese bread crumbs)
- 4 cup canola oil, for frying
- Coarse salt, to taste

## INSTRUCTIONS

1. Combine flour, seafood spice, cornstarch, garlic powder, onion powder, salt and pepper in a shallow bowl.
2. Line a baking sheet with paper towels; set aside.
3. Pour oil in a deep pot to a depth of 1-in. Heat over medium-high heat to 350°F.
4. Moisten long beans; dredge in flour mixture. Dip in beaten eggs, then roll in panko.
5. Working in batches, gently place in hot oil until golden brown about 2-3 minutes, using tongs or a slotted spoon to gently turn beans every 45 seconds.
6. Transfer fried beans to prepared baking sheet and season lightly with salt.

