

# Savory Green Beans

Prep Time: 2 minutes

Cook Time: 15 minutes

Yield: side item for 2-4 people

## Ingredients

- 12oz of fresh whole green beans, stems removed
- 5 tablespoons grape seed oil OR melted coconut oil
- 1 tablespoon of soy sauce or Tamari (gluten-free)
- 2 garlic cloves, minced
- 1/4 teaspoon sesame oil
- Shaved almonds (garnish)
- Sesame seeds (garnish)

## Step 1: Boil and blanch the green beans.

Green beans are delicate, meaning that it is imperative that the cook time is taken very seriously. If not, you're either going to end up with an under cooked, uncomfortably crunchy green bean; or an overcooked, unattractively limp, and mushy green bean.

Boil a pot of water. Once the water has reached a rolling boil, add the green beans, boiling for 4 minutes. While the green beans are boiling, prepare a large bowl full of ice water. Once the green beans have finished boiling, place the beans in a strainer, strain the hot water, and immediately dump the green beans into the ice water. If you're new to the green bean scene, placing the hot green beans in ice cold water is called **blanching**. The reason for blanching is to halt the cooking process of the vegetable, as the heat from the green bean will continue to cook the green bean after you remove it from the boiling water. Blanching leaves you with a perfectly crisp result.

## Step 2: Create the savory sauce.

This step can be done while the green beans are boiling. Heat up a skillet on the stove at medium heat. After that, combine the oil, Tamari (or soy sauce), garlic cloves, and sesame oil in a small bowl. To bind the oils and Tamari, whisk the ingredients quickly for 30 seconds.

## Step 3: Pan fry the green beans.

Once the green beans have been blanched and the savory sauce is ready, place the green beans and pour the sauce into the skillet. Have the green beans cook for 7-10 minutes, moving the contents around with a spatula every few minutes to avoid sticking/burning. Your end result should not yield limp green beans; however, you are wanting the green beans to have absorbed some of the liquid.

## Step 4: Garnish and serve.

Once the green beans are finished cooking, serve. Garnish the beans with sliced almonds and sesame seeds for added crunch, flavor, and beauty.