



Grilled french beans

Serving: 1

Veg

Ingredients

- -100 grams green beans, ends trimmed
- -1 tsp. extra-virgin olive oil
- -1 tsp. soy sauce
- -1 tbsp. chili garlic paste
- -1 tsp. honey
- -Pinch red pepper flakes
- -Kosher salt to taste
- -1 tsp Sesame seeds, for garnish
- -Thinly sliced green onions, for garnish

Preparation Method

- Preheat a large grill pan over medium-high heat or a grill pan to high. In a large bowl, whisk together olive oil, soy sauce, chili garlic paste, honey, and red pepper flakes; then add green beans and toss to coat. Season with salt.
- Place green beans on grill pan and cook until charred all over, about 5-7 minutes total.
- Garnish with sesame seeds and onions