



TINGLY SICHUAN PEPPER EDAMAME SNACK

INGREDIENTS

- 2 cups frozen edamame (in the pods)
- 2 tablespoons red Sichuan pepper oil
- 1/4-1/2 teaspoon salt*
- 1/2 teaspoon crushed red Sichuan pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sesame seeds (optional, for garnish)

*Please adjust according to desired taste

Notes:

Enjoyed best when shared.

INSTRUCTIONS (1 serving)

Step 1

Cook the frozen edamame according to the package instructions. Typically, this involves boiling them in salted water for a few minutes until tender. Drain.

Step 2

In a large bowl, combine the Sichuan pepper oil, salt, ground Sichuan peppers, and garlic powder. Stir.

Step 3

Add the cooked edamame to the bowl and toss them in the oil and spice mixture until they are evenly coated.

Step 4

Heat a skillet over medium heat and add the coated edamame in a single layer. Cook for 2-3 minutes, flip once in between to allow the edamame to become slightly charred. (Don't overcook it on low heat as it will become bitter)

Step 5

Remove the skillet from heat and transfer the tingly Sichuan Pepper Oil Edamame to a small bowl.

Step 6

If desired, sprinkle sesame seeds over the edamame as a garnish. It's time to Netflix and Edamame!

Feel free to adjust the amount of Sichuan pepper oil, salt, ground Sichuan pepper, and garlic powder according to your taste preferences. You can also experiment with adding other seasonings like soy sauce or chili flakes for added flavor variations.

