

# Japanese Edamame

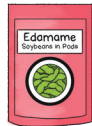
Prepare a traditional Japanese appetizer of *edamame*, or boiled soybeans!



**Yield:** 2-4 servings

Edamame are soybean pods filled with edible seeds. To eat, put a pod in your mouth, use your teeth to slide out the soft seeds, then throw away the shell.

## Ingredients:



1 (10 oz) bag frozen edamame in the pod



1 tsp kosher salt



1 Tbsp toasted sesame oil



1 Tbsp soy sauce

## Tools:



medium pot



measuring spoons



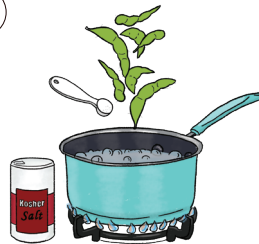
colander



skillet

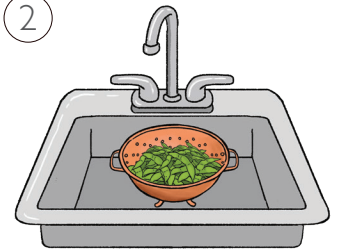
## Steps:

1



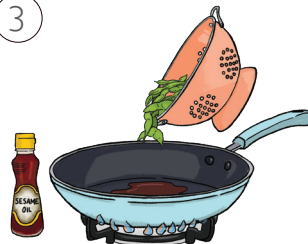
Bring a pot of water to boil over high heat. Add edamame and salt. Boil 5 minutes.

2



Drain edamame in colander.

3



Heat sesame oil in skillet over medium-high heat. Add edamame. Cook 3 minutes, stirring occasionally.

4



Add soy sauce and cook 1 minute. TASTE & SHARE!