

Recipes

Green Beans Namul



Ingredients (serves 4)

- 20 fresh green beans
- 1 Tbsp. toasted sesame seed oil
- 1 tsp. salt
- 2 tsp. toasted white sesame seeds

Instructions

1. Cut green beans into 5 cm. (2 inch) lengths.
2. Bring a pot of water with a pinch of salt in it to a boil, then cook the cut green beans until tender crisp (do not overcook).
3. Drain and soak the green beans in cold water until cool, then drain really well.
4. Pour the sesame oil into a bowl and add salt. Add green beans and toss in the oil mixture until evenly coated.
5. Arrange on a serving plate and garnish with toasted white sesame seeds to complete.