

Spicy Edamame

Quick & easy spicy edamame recipe with garlic, sesame oil & red pepper flakes. Ready in 15 minutes! Perfect healthy vegan snack or appetizer.

5 min

PREP

10 min

COOK

15 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 tbsp roasted sesame oil
- 3 clove garlic
- 1 tsp chili flakes
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Cook the edamame

Bring a large pot of heavily salted water to a rolling boil over high heat. Add the frozen edamame and cook for 5-6 minutes until the pods are bright green and the beans inside are tender when squeezed.

2 Drain the edamame thoroughly in a colander and shake off excess water. Set aside while you prepare the sauce.

3 Make the spicy sauce

Mince 3 cloves of garlic finely. In a small bowl, whisk together 2 tablespoons sesame oil, the minced garlic, 1 teaspoon red pepper flakes, 1 tablespoon soy sauce, and 1 teaspoon fresh lime juice until well combined.

4 Heat the sauce

Heat a large skillet over medium heat for 1 minute. Add the sauce mixture and cook for 1-2 minutes, stirring constantly, until the garlic is fragrant and lightly golden but not browned.

5 Coat the edamame

Add the drained hot edamame to the skillet with the sauce. Toss vigorously with tongs for 1-2 minutes until all pods are evenly coated and glistening with the spicy mixture.

6 Taste one edamame pod and season with 1 teaspoon salt or more as needed. Sprinkle with 1 teaspoon sesame seeds if desired.

7 Transfer to a serving bowl and serve immediately while hot. Provide napkins and a separate bowl for the empty pods.

Tips

Don't Overcook: Edamame should be tender but still have a slight bite. Overcooking makes them mushy and less enjoyable to eat.

Salt the Water: Add plenty of salt to the boiling water - this seasons the beans from the inside out and enhances their natural flavor.

Adjust Heat Gradually: Start with less red pepper flakes and add more to taste. You can always increase the heat, but you can't take it away.

Toast Sesame Seeds: If using sesame seeds as garnish, toast them lightly in a dry pan for 2-3 minutes to enhance their nutty flavor and crunch.

Fresh vs Frozen: Both work well, but frozen edamame is more convenient and available year-round. No need to thaw first - add directly to boiling water.

Sauce Distribution: Toss the hot edamame with sauce immediately after draining for maximum flavor absorption into the pods.

Serving Temperature: While delicious hot, spicy edamame is also excellent at room temperature, making it perfect for buffets and potluck gatherings.

Pod Presentation: Leave edamame in pods for traditional presentation and interactive eating experience - it's part of the fun!