

CHARRED GREEN BEANS WITH SESAME MISO DRESSING

These Charred Green Beans take only a few minutes to throw together. To counter the smokey char I whipped up a bowl of my new favorite dressing; a creamy miso-based, toasted sesame sauce that is sweet and salty and delicious. I served these alongside grilled kale and firm tofu that I drained and quickly marinated with a bit of toasted sesame oil, soy sauce, and agave. They are also great served alongside grilled chicken or grilled flank steak! The leftover dressing is great for salads or grilled kale.

Ingredients.

1 lb green beans, ends trimmed
salt
vegetable or canola oil
1/2 cup mayonnaise
1 tablespoon toasted sesame oil
1 teaspoon mirin
2 teaspoons rice wine vinegar
2 teaspoons soy sauce
1 1/2 teaspoons red miso paste
toasted sesame seeds

Directions.

Prepare an ice bath and bring a large pot of salted water to a boil. Toss the green beans into the boiling water and cook for 2 minutes, just until their color brightens to a vibrant green. Drain and submerge them in the ice bath.

In a large bowl whisk together the mayonnaise, sesame oil, mirin, rice wine vinegar, soy sauce and miso paste until well combined. Set aside.

Preheat your grill to high.

Drain the green beans and transfer them to a bowl. Toss with a drizzle of vegetable oil and grill them on high heat until they char and have some nice grill marks. Toss carefully with tongs. It's easy for them to slip through the grate so keep them perpendicular on the grill... you could also use a grill basket if you have one but they might not char quite as well.

Remove the green beans from the grill, drizzle with lots of dressing and toasted sesame seeds. Enjoy immediately.

RECIPE BY KACIE MCMACKIN

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