

Grilled Green Beans

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If you're cooking over an actual grill, place a heavy duty piece of foil over the grates before adding the green beans. It'll prevent all the veg from falling through the cracks. No grill or grill pan? A cast iron skillet works well too!

YIELDS: 4 serving(s)

PREP TIME: 10 mins

TOTAL TIME: 20 mins

Ingredients

1 lb. green beans, ends trimmed	Kosher salt
3 tbsp. extra-virgin olive oil	Sesame seeds, for garnish
2 tbsp. soy sauce	Thinly sliced green onions, for garnish
1 tbsp. chili garlic paste	Roasted peanuts, chopped (optional)
2 tsp. honey	
Pinch red pepper flakes	

Directions

Step 1

Preheat a large grill pan over medium-high heat. In a large bowl, whisk together oil, soy sauce, chili garlic paste, honey, and red pepper flakes, then add green beans and toss to coat. Season with salt.

Step 2

Place green beans on grill pan and cook until charred all over, about 7 minutes total. (If you're using a grill, lay a thick piece of foil over grates and place green beans on top. Grill as instructed.)

Step 3

Garnish with sesame seeds, green onions, and peanuts.

FREELANCE CONTRIBUTOR

Lauren Miyashiro is a freelance contributor for Delish, and formerly worked as Food Director. She graduated culinary school in 2016 and mastered the art of the crunchwrap in 2017.