

Edamame Stir Fry – An easy weeknight dinner!

Edamame is the Japanese name for immature soybeans. They are often called as “stem beans,” because they are traditionally sold with the stems still attached. Edamame is popular in Asian cuisine; however, it is easily available in India too. Having said that, it is necessary to choose organically and non-genetically modified edamame, as soy is one of the most genetically modified crops.

Edamame is an excellent source of plant-based protein and rich in fibre, calcium, magnesium, folate and Vitamin K. Vitamin K is an essential nutrient that plays a role in blood clotting, helps maintain a healthy metabolism, and regulates calcium levels—and edamame is full of it. It also has 9 essential amino acids including leucine, lysine, threonine, tryptophan, which makes it a good source of plant protein.

Here is a simple, quick, delicious, and healthy stir-fry Edamame along with other vegetables!

Ingredients:

- 200g shelled edamame
- 1/2 cup onions diced
- 2 tbsp sesame seeds
- 2 tsp ginger paste
- 2 cloves chopped garlic
- 1 tsp oregano
- 1 tsp fresh chilli flakes.
- 1/2 tsp freshly cracked pepper.
- 1/2 cup mix chopped broccoli, Asparagus (cut into small pieces).
- Himalayan pink salt as per taste.
- 2 tsp lemon juice to garnish.
- 2 tsp cold pressed coconut oil/ sesame oil/ avocado oil (choose as per preference)

Method:

1. Heat oil in a pan.
2. Sauté ginger, garlic and add sesame seeds.
3. Now, add onions, edamame, broccoli and asparagus.
4. Cover and let it cook until soft.
5. Now add the salt, pepper, chilli flakes and oregano.
6. Give it a stir.
7. Once the vegetables are softened, turn off the gas.
8. Garnish with lemon juice and serve hot.

Notes:

- TAccompany this with beans, quinoa for a low carb, high protein meal.
- Add vegetables as per choice and availability.
- Goes well with hummus too!
- This dish also works as a great appetizer.

