

Roasted Green Beans with Sesame Sea Salt

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 20 minutes

Step 1: Preparing the Sesame Salt

- 4 tbsp sesame seeds
- 1 tsp sea salt

Preheat your oven to 475 degrees Fahrenheit to get it good and hot to roast the veggies.

To prepare the sesame salt, heat a small fry pan over medium heat and add the sesame seeds. Stir or toss often until the seeds become light-golden brown, about 3 to 5 minutes. Once done, remove the seeds from the pan or they will continue to cook. Cool completely.

In a clean spice grinder or mortar and pestle, add the toasted seeds and salt. Pulse and grind into a coarse texture. Set aside.

Step 2: Roasting the Green Beans

- 1 lb green beans
- 1 to 2 tbsp olive oil

Wash, dry and trim the green beans. Place into a large bowl and toss with the olive oil just to coat. Arrange onto a parchment-lined tray and roast for approximately 5 minutes or until just starting to brown.

Step 3: Assembling the Dish

As soon as the beans are cooked to your liking, transfer them to a shallow serving dish and sprinkle the with sesame salt to taste. Serve immediately.