

# Green Beans with Garlic and Miso

Servings: 6

*Source: Bon Appetit July 2016*

## Ingredients

- 3 garlic cloves, finely chopped
- 3 tbsps fresh lime juice
- 3 tbsps white miso
- 1 tbsp coconut or agave nectar, i used simple syrup
- 3 tbsps virgin coconut oil, i used veg oil
- 1½ lbs. haricots verts or green beans, trimmed
- pinch crushed red pepper flakes
- sea salt, freshly ground pepper
- ⅓ cup coarsely chopped cilantro

## Method

Mix garlic, lime juice, miso, and coconut nectar in a small bowl to combine. Set garlic mixture aside.

Heat oil in a large skillet over medium-high. Add green beans and cook, undisturbed, until beginning to blister, about 2 minutes. Toss and continue to cook, tossing often, until tender and blistered in spots, 8-12 minutes.

Remove skillet from heat, pour in garlic mixture, and toss green beans to coat. Add red pepper flakes; season with sea salt and black pepper. Transfer to a platter and top with cilantro.