

Green Bean Gomaae (Sesame Dressing)

Green Bean *Gomaae* is a classic Japanese salad where we blanch fresh green beans and toss them in a sweet, sesame-soy dressing. You'll need only 4 ingredients and 20 minutes to make this delicious, vegan-friendly side dish.



★★★★★

4.67 from 65 votes

Prep Time	Cook Time	Total Time
10 mins	5 mins	15 mins

Course: Salad, Side Dish **Cuisine:** Japanese

Keyword: green bean, sesame seed **Servings:** 4 **Calories:** 66kcal **Author:** Namiko Chen

Ingredients

For the Dressing

- 25 g toasted white sesame seeds
- 1 Tbsp soy sauce
- 1 Tbsp sugar (can reduce to ½ Tbsp, but the dish will taste saltier)

For the Green Beans

- 1 tsp Diamond Crystal kosher salt
- 227 g green beans

Instructions

1. Gather all the ingredients.

To Prepare the Sesame Dressing

1. Bring a pot of water to a boil to cook the beans. Meanwhile, toast **25 g toasted white sesame seeds** in a dry frying pan for a couple of minutes, gently shaking the pan. Be careful not to burn the seeds. **Tip:** Even if your sesame seeds are pre-toasted/roasted, it's good to toast them again for a nice aroma.
2. With a mortar and pestle (or spice grinder), grind the sesame seeds, leaving some uncrushed to add texture to the sauce.
3. Add **1 Tbsp soy sauce** and **1 Tbsp sugar** and mix it all together. The dressing will look more like a paste than dressing. Set aside.

To Prepare the Green Beans

1. If your green beans are not trimmed, snap the tip of one end of the bean with your fingers and draw it down the length of one side to remove any existing string. Do the same thing with the other end, pulling it down the other side of the bean.
2. To the boiling water, add **1 tsp Diamond Crystal kosher salt** and **227 g green beans**.
3. Cook the green beans for 4–5 minutes (or 3 minutes for French green beans/haricots verts) until they are bright green and tender but still crunchy.

4. Remove from the heat, place in a strainer, and quickly rinse them in cold water to stop them from cooking further (or you can transfer them to an ice-water bath). You don't need to chill them; the beans should still be warm. Drain or dry well with a clean towel. Then, cut them into pieces 2 inches (5 cm) long. **Tip:** Shocking the green beans with cold water will help them stay green.

To Dress and Serve

1. Transfer the warm beans to the bowl and toss them in the sesame dressing. Serve the Green Bean *Gomaae* at room temperature or chilled.

To Store

1. Keep the leftover in an airtight container and store in the refrigerator for up to 3 days.

Nutrition

Calories: 66 kcal · Carbohydrates: 9 g · Protein: 3 g · Fat: 3 g · Saturated Fat: 1 g · Sodium: 535 mg · Potassium: 157 mg · Fiber: 2 g · Sugar: 5 g · Vitamin A: 392 IU · Vitamin C: 7 mg · Calcium: 80 mg · Iron: 2 mg