

## Blistered Green Beans with Coconut, Sesame & Scallion Oil



**Makes 4 servings**

**Total time: 20 minutes**

### Ingredients

2 scallions, sliced  
1 tablespoon minced fresh ginger  
5 tablespoons grapeseed oil  
1 pound green beans, trimmed  
½ teaspoon salt  
½ teaspoon ground pepper  
3 tablespoons toasted unsweetened coconut flakes  
1 teaspoon black sesame seeds

### Preparation

Combine scallions and ginger in a small heatproof bowl. Heat oil in a large skillet over medium-high heat until shimmering. Carefully spoon 3 tablespoons of the oil into the bowl. Add beans to the remaining oil in the pan and cook, without stirring, until starting to blister, about 2 minutes. Season with salt and pepper; continue to cook, stirring occasionally, until the beans are tender, about 5 minutes more. Serve topped with the scallion-ginger oil, coconut and sesame seeds.

By <http://www.eatingwell.com/recipe/260925/blistered-green-beans-with-coconut-sesame-scallion-oil/>