

### CRISPY ROASTED EDAMAME



A nutritional powerhouse in a crunchy, snackable form! Roasted edamame is a complete plant-based protein source that contains all essential amino acids. With approximately 14 grams of protein per 1/4 cup serving, this satisfying snack helps build and repair muscles while providing sustained energy. Rich in fibre, iron, calcium, and folate, roasted edamame makes an excellent alternative to processed snacks. The crispy texture and subtle nutty flavour are satisfying on their own or as a versatile addition to trail mixes, salads, or grain bowls.

 5 minutes

 20 minutes

 4 portions

## INGREDIENTS

- 1 cup of frozen, shelled edamame
- 1 tsp of olive oil
- 1/4 tsp of salt

## COOKING METHOD

- 1° Preheat oven to 190°C/170°C Fan.
- 2° Thaw edamame completely [can use microwave for 1 minute].
- 3° Pat dry thoroughly with kitchen roll to remove excess moisture—this is crucial for achieving maximum crispiness.
- 4° In a bowl, toss edamame with olive oil and salt. Add optional spices if desired e.g. garlic powder, smoked paprika, or chilli powder
- 5° Spread in a single layer on a baking sheet lined with parchment paper.
- 6° Roast for 15-20 minutes, stirring halfway through, until golden brown and crispy.
- 7° Let cool completely before storing or adding to recipes.
- 8° Storage: Store in an airtight container at room temperature for up to 3 days. For longer freshness (up to 2 weeks), store in the refrigerator.
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## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (31 g)	% DRI
ENERGY	127 kcal	39 kcal	2 %
PROTEIN	11 g	3 g	7 %
CARBOHYDRATE	7 g	2 g	1 %
SUGARS	2 g	1 g	1 %
FAT	7 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
FIBER	5 g	1 g	6 %
SODIUM	408 mg	125 mg	5 %