

# Snap Peas with Sesame Seeds

2 servings

½ lb snap peas ends trimmed

1 Tb dark sesame oil

1 Tb sesame seeds

Celtic Sea Salt

Red pepper flakes

- Trim the ends of the snap peas, pull the string along the rib of the vegetable to remove.
- Boil water in a medium saucepan
- Blanch snap peas 2-3 minutes until they are crisp tender
- Drain
- Sprinkle with sesame oil, salt, red pepper flakes and sesame seeds
- Toss and serve