

Miso-Glazed Fresh Garbanzo Beans

Ingredients

- 4 cups green garbanzo beans in the shell
- Oil for cooking
- 1 clove of garlic
- 1 tbsp. miso paste
- 1 tbsp. granulated sugar
- 1 tbsp. soy sauce
- 1 tbsp. rice wine vinegar
- Optional: scallions and/or red pepper flakes, for garnish

Steps

1. Finely mince the clove of garlic. Add it to a small bowl with the miso paste, granulated sugar, soy sauce, rice wine vinegar, and a tablespoon of water. Mix until the miso is no longer lumpy, and set aside.
2. Heat a large skillet on medium-high, and add some oil. Once hot, add the green garbanzo beans and cook for around 3-4 minutes until the bottoms blacken and turn crispy. Give them a good stir, and repeat once or twice until most of the chickpeas have blackened and crispy bits. Pour the miso mixture into the hot pan, and turn off the heat. Stir, tossing the chickpeas, until all the chickpeas are crispy and the liquid has thickened to be somewhat syrup-like.
3. Garnish with red pepper flakes and/or chopped scallions, if desired. Enjoy similarly to how you eat edamame. Suck the beans from the pod, and discard the pods.

