

Vegan Sweet Chili Edamame: Quick, Flavorful & Healthy Snack

Vegan Sweet Chili Edamame: A Flavorful, Speedy Snack Sensation!



TIME
15 min

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INGREDIENTS

- 10 oz frozen edamame pods (in the shell)
- 1 tsp sesame oil (toasted sesame oil for richer flavor)
- 1 clove garlic, minced
- 2-4 TBSP sweet chili sauce (adjust to your preference for sweetness/heat)
- ... tsp kosher salt (plus extra to taste)
- 1-2 tsp toasted sesame seeds
- 1 TBSP chopped green onion (for garnish, optional)

Swaps and Notes:

Edamame: Ensure you're using edamame in the pod for this recipe, as the process of extracting the beans is part of the fun! Shelled edamame can be used but will have a different experience.

Sesame Oil: Toasted sesame oil has a stronger, nuttier flavor than regular sesame oil, which works wonderfully here.

Garlic: Freshly minced garlic provides the best aromatic punch.

Sweet Chili Sauce: Adjust the amount of sweet chili sauce based on your desired level of sweetness and spice. Brands vary, so taste as you go!

Salt: Kosher salt is preferred. Remember that sweet chili sauce and edamame can both be salty, so start with less and add more if needed.

Toasted Sesame Seeds: These add a lovely nutty flavor and crunch. You can lightly toast raw sesame seeds in a dry skillet for a few minutes until

fragrant if you only have untoasted ones.

Green Onion: Adds a fresh, mild oniony flavor and a pop of color.

Directions:

Cook Edamame: Begin by bringing 3 cups of water to a rolling boil in a small pot or saucepan. Toss in the frozen edamame and let them cook for about 5 minutes, until they're tender but still al dente (slightly firm to the bite). Drain the edamame thoroughly and set them aside.

Saut  Garlic: In the same pot (or a clean skillet), switch the heat to medium. Add in the sesame oil. Once it's warmed up, throw in the minced garlic, cooking for about 30 seconds to 1 minute until it's tender and fragrant. Be careful not to burn it.

Combine Flavors: Now, it's time to add the flavor! Pour in the sweet chili sauce, followed by those beautiful drained edamame pods, kosher salt, and toasted sesame seeds. Gently toss or stir everything together to ensure all the edamame pods are nicely coated in the sauce and seasonings.

Garnish (Optional): If you want, sprinkle some chopped green onion on top for an extra touch of color and fresh flavor.

Serve & Enjoy: Transfer your delicious edamame to a bowl and dive in while they're still hot. Enjoy this flavorful, quick, and satisfying snack!

Tips for Success:

Don't Overcook Edamame: Cook the edamame just until tender-crisp. Overcooked edamame can become mushy.

Hot & Fast: The key to this dish is to work quickly once the edamame is cooked. Tossing it hot with the sauce allows the flavors to meld beautifully.

Taste and Adjust: Sweet chili sauces vary greatly. Taste the sauce mixture before adding the edamame, and adjust the amount of sauce or salt to your preference.

Toasted Sesame Oil: If you have it, toasted sesame oil provides a much deeper, nuttier flavor than plain sesame oil.

Garnish for Freshness: The green onion adds a lovely fresh element that brightens the dish.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For another wholesome and flavorful baked vegetable side, check out my Baked Butternut Squash Fries.

If you're looking for other ways to enjoy summer vegetables in a fun, savory way, my Oven-Fried Okra, Squash, and Onion Bites are a must-try.

And for a fresh, light, and tangy chicken salad that's perfect for summer lunches, don't miss my A Light, Tangy Chicken Salad I Actually Crave (and

There's No Mayo in Sight!).

Final Thoughts:

DIRECTIONS

1. Making these : Vegan Sweet Chili Edamame pods is incredibly fast and simple - perfect for a last-minute craving!
2. Cook : Edamame: Begin by bringing 3 cups of water to a rolling boil in a small pot or saucepan. Toss in the frozen edamame and let them cook for about 5 minutes, until they're tender but still al dente (slightly firm to the bite). Drain the edamame thoroughly and set them aside.
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9. Taste and : Adjust: Sweet chili sauces vary greatly. Taste the sauce mixture before adding the edamame, and adjust the amount of sauce or salt to your preference.
10. Toasted : Sesame Oil: If you have it, toasted sesame oil provides a much deeper, nuttier flavor than plain sesame oil.
11. Garnish for : Freshness: The green onion adds a lovely fresh element that brightens the dish.
12. Serving Suggestions and Pairings: These Vegan Sweet Chili Edamame pods are perfect as a quick and healthy snack on their own, a delightful appetizer for any gathering, or a vibrant side dish for Asian-inspired meals. Serve them in a communal bowl for easy sharing. They pair wonderfully with other light, fresh dishes or a refreshing beverage. For other unique and flavorful snack ideas, consider my Blistered Shishito Peppers with Zesty Spicy Sauce or the playful Crunchy Red, White & Blue Celebration Snack Mix.
13. Storage and Leftover Tips: Vegan Sweet Chili Edamame is definitely best enjoyed fresh and hot for optimal flavor and texture. If you have any leftovers, store them in an airtight container in the refrigerator for up to 2 days. To reheat, gently warm them in a microwave or a dry skillet on the stovetop until heated through. They will lose some of their vibrant color and fresh taste, but will still be edible.
14. More Recipes You Will Love: If you loved the quick prep, vibrant flavors, and healthy nature of this edamame snack, here are a few more fantastic recipes that I think you'll absolutely love:
15. For another wholesome and flavorful baked vegetable side, check out my Baked Butternut Squash Fries.
16. If you're looking for other ways to enjoy summer vegetables in a fun, savory way, my Oven-Fried Okra, Squash, and Onion Bites are a must-try.
17. And for a fresh, light, and tangy chicken salad that's perfect for summer lunches, don't miss my A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!).
18. Final Thoughts: These Vegan Sweet Chili Edamame pods are a testament to how simple ingredients can create an incredibly flavorful and satisfying snack in minutes. They're healthy, delicious, and bursting with that perfect sweet and spicy kick. Give them a toss, and enjoy this delightful veggie delight!
19. What's your go-to quick and healthy snack when you're short on time? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

, and best of all, they're ready in a flash - perfect for busy days, impromptu cravings, or a delightful appetizer!

Why I Love This Recipe I'm all about simple recipes that deliver big on taste and satisfaction, and this Sweet Chili Edamame truly hits the mark.

What I particularly love about it is how effortlessly frozen edamame pods are transformed into an incredibly addictive snack.

The vibrant sweet chili sauce, combined with aromatic garlic and nutty sesame oil, creates a dynamic flavor profile that's both comforting and exciting.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/vegan-sweet-chili-edamame-quick-flavorful-healthy-snack/>