

Quick Snow Peas with Garlic and Ginger: A 10-Minute Side Dish

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TIME
2-3 min

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INGREDIENTS

- 1 tablespoon vegetable oil
- 1 lb snow peas, trimmed
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1/2 teaspoon sesame oil
- Salt and black pepper to taste

Swaps and Notes:

Snow Peas: You can also use snap peas for this recipe. Just be sure to trim the ends and remove the tough string on the side.

Vegetable Oil: You can use any neutral oil, but vegetable or avocado oil works best here.

Ginger: Freshly grated ginger is a must for this recipe! The flavor is so much more vibrant than powdered ginger.

Sesame Oil: The sesame oil is added at the very end and adds a beautiful, nutty aroma that you don't want to cook off.

Step-by-Step Instructions:

Prep the Vegetables: Trim the ends of the snow peas. Mince the garlic and grate the fresh ginger.

Heat the Skillet: In a large skillet or wok, heat the vegetable oil over medium-high heat.

Sauté the Aromatics: Add the minced garlic and grated ginger to the skillet. Cook for about 30 seconds, stirring constantly, until fragrant. Be careful not to let them burn!

Add the Snow Peas: Add the trimmed snow peas to the skillet. Stir-fry for 2-3 minutes, stirring constantly, until the snow peas are bright green and crisp-tender.

Finish and Season: Remove the skillet from the heat. Drizzle in the sesame oil and toss to coat. Season with salt and black pepper to taste.

Serve: Serve the snow peas immediately while they are still warm and crunchy.

Tips for Success:

Don't Overcook: The key to this recipe is to cook the snow peas just long enough so they are crisp-tender. Overcooking them will make them soft and mushy.

Prep Everything First: This is a very fast-cooking recipe, so it's best to have all your ingredients prepped and ready to go before you start cooking.

Use Fresh Ginger and Garlic: Freshly minced garlic and grated ginger make a huge difference in the final flavor.

High Heat is Key: Cooking on a medium-high heat ensures that the vegetables get a nice, quick sear without becoming soft.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 80 kcal

Carbohydrates: 8g

Protein: 3g

Fat: 5g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 200mg

Fiber: 3g

Sugar: 3g

Storage and Leftover Tips:

DIRECTIONS

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- 5. Finish and : Season:** Remove the skillet from the heat. Drizzle in the sesame oil and toss to coat. Season with salt and black pepper to taste.
- 6. Serve:** Serve the snow peas immediately while they are still warm and crunchy.
- 7. Tips for Success: Don't Overcook:** The key to this recipe is to cook the snow peas just long enough so they are crisp-tender. Overcooking them will make them soft and mushy.
- 8. Prep : Everything First:** This is a very fast-cooking recipe, so it's best to have all your ingredients prepped and ready to go before you start cooking.
- 9. Use : Fresh Ginger and Garlic:** Freshly minced garlic and grated ginger make a huge difference in the final flavor.
- 10. High : Heat is Key:** Cooking on a medium-high heat ensures that the vegetables get a nice, quick sear without becoming soft.

11. **Serving Suggestions and Pairings:** These Quick Snow Peas are the perfect side dish for so many meals. They would go great with grilled chicken, fish, or a simple stir-fry. For a full, comforting feast, they would also pair well with a hearty meal like this Mexican Chicken and Rice Casserole or a classic Cajun Chicken Sausage Gumbo.
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21. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. **Storage and Leftover Tips:** This dish is best served fresh. However, if you have any leftovers, you can store them in an airtight container in the refrigerator for up to 1 day. To reheat, warm them gently in a skillet over medium heat.
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SWAPS & NOTES

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