

Spinach Goma-Ae with Edamame

Serves 2

Ingredients

- 200 g spinach
- 2 T toasted sesame seeds
- 1 tsp sugar
- 1 tsp low-sodium soy sauce
- 1 tsp mirin (or sake + pinch sugar)
- 50 g shelled edamame (optional)



Instructions

1. Blanch **spinach** for 30 seconds, shock in cold water, squeeze very dry, and cut into 4 cm lengths.
2. Grind sesame seeds to a coarse paste.
3. Mix sesame paste with sugar, soy sauce, and mirin.
4. Toss spinach (and edamame, if using) gently with dressing.

Nutrition (per serving)

Kcal: 135 | Protein: 7 g | Fat: 8 g | Sat. Fat: 1 g | Carbs: 10 g | Sugars: 4 g | Fiber: 3 g | Sodium: ~220 mg

Notes

- Uses low-sodium soy sauce; no additional salt required.
- Edamame adds protein without changing seasoning balance.