

# RECIPES FOR SAMURAI

**In Paws Of Fury: The Legend Of Hank, edamame aren't just delicious, they're hero-worthy! Snack on these three top treats**

## EDAMAME HUMMUS

- Half a cup of lemon juice
- Half a cup of tahini
- Three tablespoons of olive oil
- Two small cloves of garlic
- Two cups of shelled edamame

1. Ask a parent to whisk together the lemon juice, tahini, olive oil (extra virgin, ideally) and garlic in a

food processor, with a good pinch of salt, until the mixture is smooth and well mixed (approx two mins).

2. Drop in half a cup of roughly chopped cilantro and blend until it is fully incorporated into the mixture. Make sure to scrape down the sides of the bowl too.

3. Add in half the edamame and two tablespoons of water. Repeat until the mix is the consistency you like.

4. Spoon your hummus into a bowl and drizzle on a little olive oil and some sesame seeds for crunch.

5. Grab a bag of your favorite potato chips and settle in for an evening with Hank and a dunking delight!

## EDAMAME FRITTERS

- One and a half cups of shelled edamame
- 50g plain flour
- Two eggs
- One small clove of garlic
- Season to taste

1. Ask a parent to whisk the edamame in a food processor, then add the two eggs to make a paste.

2. Stir in the flour and the finely diced clove of garlic (or two big pinches of garlic salt) and season to taste.

3. Shape the mixture into fritter-sized discs (about the circumference of your cup and a centimeter deep).

4. Again ask a parent to help you fry them in vegetable oil on a medium heat, for approx four minutes per side.

## CRISP ROASTED EDAMAME BITES

- One and a half cups of shelled edamame
- Two teaspoons of olive oil
- A quarter teaspoon of dried basil
- A quarter teaspoon of ground cumin
- A quarter teaspoon of onion salt
- An eighth of a teaspoon of paprika
- An eighth of a teaspoon of garlic salt
- A quarter teaspoon of chili powder (to taste)

1. Stir together all of the ingredients except the edamame. Be careful with the chili powder as it is hot! Our tip: start with a quarter teaspoon and test how much heat you're getting. If you like it, you can put as much as half a teaspoon in for a super-spicy kick!

2. Pour the mixture over the shelled edamame, making sure that they all get a nice coating.

3. Put the edamame on a baking tray and smooth down so they're all in one layer. Put in the oven at 175°C.

4. Roast your edamame for approximately 15 minutes, keeping an eye on them to make sure they don't burn.

5. Put in a bowl to cool and devour in front of a movie!



**PAWS  
OF  
FURY**  
THE LEGEND OF HANK

