

Route To India

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Sprouted Mung Bean Salad (Yield: 4 – 6 servings)

Ingredients

1 cups green gram (mung bean)
1 small onion (optional)
1 medium cucumber
1 medium avocado
1 green chilies (optional)
4 tablespoons chopped coriander(cilantro) leaves
1 tablespoon chaat masala (available at india stores)
2 tablespoons lemon juice
black salt to taste

Method

Sprouting Mung Bean

Soak mung beans in 2 cups water overnight or up to 8-10 hrs. Wash and drain the beans into a muslin/cheese cloth and tie the cloth loosely. Place in a covered vessel for about 24 hours. Sprinkle water over it from time to time to keep the cloth moist. When the beans begin to sprout through the muslin cloth, they are ready to be removed from the cloth.

Cook/steam the sprouted mung in half a cup of water if required. Drain excess water and chill. This step is optional if you would like to have it raw like we made in the class.

Finely chop onions and cucumber, green chilie and chop avocado in 1/2 inch cubes. In a bowl, mix together- avocado, cucumber, mung sprouts, onions, and green chilies. Just before serving, season with chaat masala, lemon juice and black salt. Mix well.

Serve chilled garnished with chopped coriander leaves.

