



Kong namul (Bean Sprout Salad)

NIBBLEDISH CONTRIBUTOR

Ingredients

- As many SOY BEAN SPROUTS as you want.
- Salt or soy sauce
- Sesame oil
- Water for boiling
- Cayenne pepper

Optional:

- Minced garlic
- Green onions chopped for garnish.
- Sesame seeds.

* Note: You can use mung bean but I find these much better.

Instructions

1. Boil the water, then blanch the soy bean sprouts. Don't leave it too long.
2. Drain water, then run cold water over the sprouts. Do it 3 times and drain them till the sprouts are suitably cold.
3. Toss some sesame oil in there. Add the cayenne pepper and salt to your liking. (You may use soysauce but I prefer them not brown, and it makes the sprouts seem soggy...) If you are using mince garlic, you may add them at this point.
4. Add the green onion and sesame seeds and serve. OR you can refrigerate

before serving. :)