

## Bean Sprout Salad Recipe

### Ingredients:

3 tablespoons water  
300 g soy bean sprouts, tailed and cleaned  
1 teaspoon salt  
1 teaspoon crushed garlic  
1/2 tablespoon white sesame seeds, roasted and finely ground  
1 scallion, chopped  
Salt to taste  
Sesame oil to taste

### Method:

Place water and bean sprouts in a pan and sprinkle 1 teaspoon salt over evenly using the tips of your fingers. Cover and leave to steam for 5-7 minutes. Mix crushed garlic, sesame powder and scallion with the steamed bean sprouts by using a pair of chopsticks so that the bean sprouts will not be bruised. Adjust to taste with salt and sesame oil. Serve cold.

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