

Mung Bean Salad

Swick

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Soaking & Cooking the Beans

- 1 cup dried mung beans
- 1 tsp Faux Chicken Bouillon Powder
- 1/2 tsp sea salt

To cook the beans, bring a medium pot of cold water to a boil. Add the beans, bring to a boil and then turn the heat to medium. Let the beans gently simmer for approximately 15 to 20 minutes or until just tender. Note that the cooking time may be a bit longer if the mung beans were not first soaked (see images above for more details).

Halfway through the cooking time add the Faux Chicken Bouillon Powder and salt, if needed, and continue cooking.

If needed, add a touch of water to ensure the beans are fully covered during cooking. Near the end, reduce the heat a bit so that the beans are not rapidly boiling.

When done, the beans should be fully cooked through but not mushy. Drain the mung beans and then immediately spread them out onto a parchment-lined baking tray to allow them to cool completely — this will just help to prevent them from continuing to cook and become mushy.

Step 2: Assembling the Salad

- 1 bunch green onions, finely sliced (approx. 1 cup)
- 1 bunch fresh mint, finely chopped (approx. 1/2 cup)
- 3 tbsp red wine or sherry vinegar
- 1/2 cup quality, extra-virgin olive oil
- 1/2 tsp (or to taste) quality sea salt, such as fleur de sel
- 1/4 tsp (or to taste) freshly ground black pepper
- 1/3 cup Vegan Feta Cheese, optional
- 1 tsp truffle oil, optional
- 1/4 cup Kalamata olives, sliced, optional
- 1/4 toasted pine nuts, optional

To assemble the salad, wash and finely chop the green onions and mint. Gently fold the green onions, mint and mung beans together.

Next, add the vinegar, followed by the olive oil. Gently toss to combine. Taste for seasoning.

If desired, but highly recommended, add the Vegan Feta Cheese, truffle oil, Kalamata olives, and toasted pinenuts.