

Korean Bean Sprouts

Ingredients

- 16 oz Bean Sprouts (cleaned, rinsed)
- 8 c Water
- 1/2 T Salt (plus 1 teaspoon)
- 1 Green Onion (chopped)
- 2 clv Garlic (minced)
- 1 T Sesame Oil
- 1 t Sesame Seeds
- 1/4 t Sugar

Instructions

1. In a small pan add sesame seeds and toast until fragrant. Set aside.
2. Bring a pot of water to a boil and add 1/2 tablespoon salt. Blanch bean sprouts for 1-2 minutes, then remove and rinse under cold water to stop the cooking process.
3. Dry the bean sprouts then add to a bowl and combine with green onions, garlic, sesame oil, sesame seeds, sugar, and 1 teaspoon salt. Mix until all the ingredients are combined and enjoy!