

Korean Style Sprouted Beans (Kongnamul)



Explore the authentic flavors of Korea with our Korean-style Sprouted Beans (Kongnamul) recipe. Experience an explosion of exotic tastes and a refreshing twist in every bite.

Preparation 5 min

Cooking 5 min

Servings 4

Nutrition Facts (per serving)

Calories 75

Fat 4

Carbohydrates 4

Fibre 2

Protein 4

Sodium 150

Ingredients

- 454 g (1 lb) bean sprouts
- 15 ml (1 tbsp) sodium-reduced soy sauce (gluten free version: gluten-free tamari sauce)
- 15 ml (1 tbsp) rice vinegar
- 10 ml (2 tsp) sesame oil
- 15 ml (1 tbsp) sesame seeds
- 5 ml (1 tsp) red pepper flakes (*optional*)

Preparation

1. Fill a large pot with water and bring to a boil over high heat.
2. Add the bean sprouts and cook for 2 to 3 minutes, then drain.
3. In a medium bowl, combine soy sauce, vinegar and oil. Add bean sprouts and sesame seeds and mix well. Add red pepper flakes (optional) for a spicy result.
4. Can be served hot, warm or cold as an accompaniment to a protein-rich dish such as our [Vietnamese Grilled Lemongrass Chicken](#) recipe.

Notes

Can be stored for 4 days in the refrigerator in an airtight container.



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