

MUNG BEAN - sprouts

The mung is the most-consumed bean in the world.

Seeds soaking (hours)	Rinse/drain per day	Days to harvest	Yield (weight ratio)
8-12	2-3	2-5	2 :1



Seeds



2 days



3 days



4 days



Sprouts without envelope



7 days (obscurity)



7 days (light)

Taste A discreet taste reminding of the pea, will become bitter when the first leaves appear.

Appearance Big, round and shiny green seed.

Nutrient Rich in vegetable protein (24 %) and lipids (including lecithin), contains vitamins (A, B1, B2, B3, B6, C, E, H, K) and mineral salts (iron, potassium, calcium, magnesium, phosphorus).

Use To be consumed with a small germ of 1 to 5 cm, however, they get more comestible once they are completely sprouted. You can steam them for 1 to a few minutes or sauté them in a wok or pan. A perfect match in all Asian meals, salads and generally with all salty dishes.

Tip Place the sprouter in a dark area and do not overfill. Bathe the sprouts once picked and let dry.