



# RECIPE

## WHAT YOU NEED

- 200 g (7 OZ) SPROUTS (MUNG BEAN, SOYBEAN, RADISCH, ALFALFA OR WHEAT)
- 150 g (5.3 OZ) SHIITAKE MUSHROOMS
- MAIZE-GERM OIL
- 100 g (3.5 OZ) PEA-PODS
- 1 WHITE PEACH OR 1 RIPE PEAR
- SALTED PEANUTS
- CORIANDER LEAVES (CILANTRO)
- SALT

## FOR THE DRESSING:

- FRESH GINGER
- 3 TB PEAR BALSAMIC VINEGAR
- 4 TB SOY SAUCE
- 2 TB COLD-PRESSED PEA



Sprout Salad with Peach or Pear



## PREPARATION

1 Clean sprouts, and blanch for ca. 10 seconds in boiling salted water. Drain sprouts, rinse under cold water, and drain again.

2 For the dressing, peel and finely chop ginger (about 1 tsp). Combine ginger with vinegar, soy sauce, oil and salt. Remove seeds from chilli pepper, finely dice and stir into the dressing. Mix sprouts and dressing.

3 Break off the mushroom stems (shiitake stems are usually tough). Cut the mushroom caps into thin slices, and sauté on all sides in a bit of oil over high heat. Lightly salt the mushrooms.

4 Cut the pea-pods into broad strips, and blanch in boiling salted water for ca. 10 seconds. Drain peas, rinse in ice-cold water, and drain again. Lightly salt the peas.

5 Remove stone or seeds from peach or pear and cut into wedges. Arrange the sprouts with the remaining ingredients on individual plates, and sprinkle with peanuts and coriander leaves (cilantro).

**GOES WELL:** with glazed breast of duck, sautéed breast of chicken or marinated tuna. Apricot or mango can be substituted for peach or pear.

BON APPÉTIT 😊