

RECREATING RECIPES



Khasa Sana with Sprouted Mung Beans

Tangy, crunchy and refreshing salad with a mixture of pulses

Instructions



1. Place the shallots and salt in a mixing bowl and using a fork mix and push down on the onion, the onion will release some its juices



2. Add the ginger to the mix and using the fork make sure everything is being mixed well



Ingredients

2 Cups Sprouted Mung Beans Juice of 1 Lemon
3 tbsp Ginger, Finely Chopped Salt to Taste
1 tsp Mustard Oil (Optional) 6 Shallots, Finely Sliced
½ Cup Khala Sana (soaked overnight)
½ Cup Khala Sana, (soaked overnight & skin off)
Half of Bangladesh Lemon (Sheshni) Finely Chopped
4-6 Green Finger Chillies, Finely Chopped (Optional)

Serves 4-6



3. After mixing the ginger in, add the Bangladeshi lemon and the chillies, again mix well and push down on the ingredients using the fork, add half of the lemon juice followed by the mustard oil



4. Add the mung beans and khala sana, give everything a mix and taste to check the salt, then add the remaining juice and it is ready to be served



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