



It's very easy to grow your own bean sprouts. They only take a few days to germinate and it's a very tasty experiment!

Delicious to nibble, or add to sandwiches, salads and Asian style broths.

Things you will need:

Dried mung beans from the supermarket, health food shop or Asian store, a large glass jar, a piece of Chux, and a big strong rubber band.

How to do it:

1. Put half a cup of beans into a bowl of cold water and wash them, pour through a strainer and place them in a large glass jar. Cover the top of the jar with a piece of Chux (or cheesecloth) and hold it firmly in place with a rubber band.
2. Place the jar into a tray on its side and raise the bottom end with a piece of egg carton so that the water can drain out of the top of the jar through the Chux.
3. Put the jar and tray in a dark cupboard (somewhere safe so it won't get knocked over).
4. Rinse the beans with fresh water daily, and then rinse and squeeze out the Chux, secure it back on with the rubber band and return the jar to the cupboard.
5. In a few days time you will notice that the beans will have sprouted or germinated. Let them grow to about 2 cm long, tip them into a strainer, wash them thoroughly and take off the loose outer 'shells', drain and EAT!