



Momotaro Foods
桃たろうフーズ

The Japanese Food Network

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Vegetarian Recipe 7 – Beansprout and radish salad



Description:

Incredibly simple but with the addition of mirin dressing and sesame seeds a very tasty salad. You could also omit the blanching of the beansprouts if you prefer them really crispy.

Ingredients (for 4 people):

400 gms beansprouts
8 small red radishes or a bunch of watercress
30 ml (2 tablespoons) sesame seeds

For the dressing:

30 ml (2 tablespoons) mirin
30 ml (2 tablespoons) shoyu
45 ml (3 tablespoons) rice vinegar

OR:

Ready made 'Aojiso' (Japanese mint) dressing, or
Ready made 'Miso goma' (Miso and sesame flavour) dressing, or

Method:

1. Wash the radishes, drain and then cut them into thin slices
2. Mix the mirin, rice vinegar, shoyu and sesame seeds together in a bowl
3. Boil a saucepan of water

- 4. Blanch the beansprouts for about 30 seconds**
- 5. Drain and set aside**
- 6. When cool, combine with radishes and dressing and serve**