



Mung Bean & Cracked Wheat Salad

Ingredients

1 cup mung beans
½ cup cracked wheat
1 cup tomatoes, diced
½ cup currants
½ cup vegetable stock
½ cup red onion, finely diced
½ teaspoon cumin
1 chilli, finely chopped
1 garlic clove, crushed

Method

Place mung beans in a saucepan of water and bring to boil for 10 minutes.
Reduce heat and simmer for another 10 minutes. (do not allow to get mushy).
Remove from heat and allow to cool.

In a bowl, cover cracked wheat with warm water and let stand for 30 minutes.
When mung beans have cooled, mix together with the cracked wheat in a mixing bowl along with the diced red onion and currants.

In a frypan, heat oil then add crushed garlic, chopped chilli and cumin. Fry until fragrant approximately 2-3 minutes then add tomatoes and vegetable stock. Stir until combined then remove from heat. Add to the mung bean mixture and stir.

Place in the refrigerator for at least 30 minutes before serving.

