

Bean Sprout Salad

Ingredients: -

450g/1lb - fresh or canned and drained bean sprout

50g/2oz - canned pimento, drained and chopped

1 - pickled cucumber, chopped

1 tbsp - fresh chives, chopped

2 tbsp - sunflower oil

1 tbsp - wine vinegar

½ tsp - prepared mustard

2 tsp - soy sauce

½ tsp - sugar

Salt and pepper

Method: -

Put the bean sprouts, pimento, cucumber and chives in a salad bowl and toss well together.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Mix together the remaining ingredients with salt and pepper to taste and pour this dressing over the salad.

Toss well and chill for one hour before serving.
