

Pickled Bean Sprouts and Carrot Recipe

Ingredients:

200 g bean sprouts, seed coats and tails remove, washed and drained well
2 scallions, cut into lengths
1 small carrot, cut into matchsticks to yield 1 cup

Dressing:

185 ml white vinegar
2 tablespoons sugar
1 tablespoon salt
250 ml water

Method:

Combine all the vegetables in a large bowl and set aside. In a saucepan, bring the dressing ingredients to a boil over medium heat. Reduce the heat and simmer for 1 to 2 minutes, stirring occasionally, until the sugar is dissolved. Remove and set aside to cool. Pour the cooled dressing over the vegetables, mix well and allow to marinate for at least 1 hour. Drain before serving.

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