

SPROUTED MUNG BEAN and Mango Avocado Cups

For as long as I can remember, one of my mother's favorite snacks has been half an avocado scooped out and dressed with a little salt and lemon. When I was a kid the mere idea of this made me ill, but now the only thing I think could be better is the entire avocado. Very much inspired by my mom, this salad is a celebration of the steps I've taken toward a healthier life. Crunchy mung bean sprouts, juicy sweet mango, and lime combine to make a tropical-tasting treat that you could eat any time of the day—it actually makes a fantastic breakfast! This recipe calls for two large avocados to serve four people, but if you're anything like me, you'll go for a whole one too.

SERVES 2 AS A MAIN, 4 AS A SIDE

DRESSING

2 tablespoons freshly squeezed lime juice
1 tablespoon cold-pressed olive oil
2 pinches of flaky sea salt

SALAD

1 large ripe mango
3 cups / 180g mung bean sprouts
½ packed cup / 20g chopped fresh cilantro leaves and tender stems
1 shallot or ¼ red onion, minced
A few pinches of crushed red pepper flakes
Fine sea salt
2 large ripe avocados

1 Make the dressing: In a small bowl, whisk together the lime juice, olive oil, and salt.

2 Prepare the salad: Peel and cut the mango into bite-size pieces. In a large bowl, combine the mango with the bean sprouts, cilantro, shallot, and pepper flakes. Pour the dressing over top and toss to coat. Season with salt.

3 Slice the avocados in half and remove the pits and a small portion of the flesh to create a space in each half for the filling.

4 Fold the extra avocado flesh into the salad, then fill each avocado with plenty of salad, letting it spill over the sides. Serve immediately.

ROLLOVER Make extra sprouted mung bean salad and serve it over cooked brown rice for a complete lunch the next day.

BASIC SPROUTS

MAKES 1 CUP

I go into more detail about sprouting on my blog, but it's really a simple process.

Place the seeds in a clean glass jar and fill it almost to the top with water. Cover the jar with a piece of screen and secure it with a rubber band. Let the seeds soak (AT ROOM TEMP?) for 8 to 12 hours, or overnight.

Drain and rinse the seeds through the screen 2 or 3 times. Set the jar at a 45° angle in a bowl or dish rack to drain (COMPLETELY? OR STILL SOME WATER IN THE JAR?). Keep the seeds away from light or cover the glass with a clean kitchen towel.

Repeat the rinsing and draining at a 45° angle (RIGHT?) 2 or 3 times daily for 2 to 4 days until the seeds grow a good tail (at least 2 times longer than the seed itself.)

Once the seeds have sprouted to your liking, rinse and drain the sprouts completely and let them sit out (RIGHT?) for at least 8 hours before covering the jar with an airtight lid and storing them in the fridge for up to 2 weeks.

Reprinted from [Naturally Nourished](#). Copyright © 2017 by Sarah Britton. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.