

Sookjoo Namul (소고기 나물)



Sookjoo namul is a very easy and fast side dish to make. The bean sprouts are cooked al dente so there is a refreshing crunch in every bite.

Ingredients:

1 bag of bean sprouts (24 oz / 1.5 lbs)

3 tbsp – minced garlic

1 tsp – salt

- 1 tbsp – sesame oil
- Pinch of black pepper
- 2 green onions
- 1 tbsp – roasted sesame seeds (ground)



Directions:

1. Bring a large pot to a boil
2. Throw all the bean sprouts into the boiling water until al dente (about 1-2 minutes)
3. Strain the bean sprouts so there is no more water

dripping (must strain really well because over time the bean sprouts produce more liquid)

4. Move the bean sprouts into a large mixing bowl then add all ingredients
5. Gently toss and enjoy