

Fresh Methi (Fenugreek) Sprout Salad

Salad Ingredients:

2 cups sprouted methi (fenugreek) seeds (see info below), **OR** 2 cups fresh fenugreek leaves or substitute fresh spinach
1 cucumber, chopped
1 whole tomato, chopped (or several cherry tomatoes)
1 cup chickpeas (if using canned, drain first)
1 large red onion, finely sliced
1 Bell Pepper, chopped
Avocado - optional
Chillies – optional for heat

Dressing Ingredients:

salt - as needed
2 tbsp lemon juice
1 tbsp extra virgin olive oil
Cilantro leaves as needed

Directions:

If using methi (fenugreek) sprouts, start the process 3 days in advance.

When ready to make the salad, chop all ingredients for salad and combine in a bowl. Sprinkle with salt, then squeeze fresh lemon juice over the top and drizzle with olive oil. Serve immediately.



Curious about sprouting fenugreek seeds? There are many great videos on youtube!

Here's the basics:

1. Wash and soak (making sure there's enough water so the beans don't rise above the water surface once they have soaked the water) the beans for 24 hours.
2. Rinse the beans in cold water
3. Cover the beans in a pan with a **clean** damp towel making sure the beans are at least two inches deep, and store in a warm place in the house.
4. The beans will sprout in 2-3 days
5. Once sprouted keep refrigerated.

Disclaimer:

Make sure all dishes and towels are very clean when making sprouts. Sprouts are a common source of foodborne illness, such as salmonella. Young children and pregnant women are at higher risk of getting foodborne illnesses. If you are unsure about using sprouts, substitute fresh chopped spinach instead.