



MUNG BEAN AVOCADO SALAD

McKenzie's Mung Beans are a healthy addition to any recipe. These little powerhouses are full of nutrients, providing a good source of protein and dietary fibre.



EASY



20 MINS



20 MINS



4

Ingredients

- 1/2 cup brown rice, uncooked
- 1/2 cup McKenzie's Mung Beans
- 1 tbs pepitas, toasted
- 1 tbs sunflower seeds, toasted
- 1/3 cup whole almonds, toasted
- 1/3 cup walnuts
- 1/2 red onion, finely diced
- 2 tbs olive oil
- 1 tsp lemon juice
- 1/2 tsp honey
- McKenzie's Himalayan Fine Pink Salt, to taste
- 1/2 bunch fresh coriander
- 1 avocado, sliced

Instructions

1. Cook rice according to packet instructions until just tender, then drain and cool. Transfer to a large bowl.
2. Cook mung beans according to packet instructions. Drain and cook. Combine into brown rice.
3. Add nuts and onion to rice and bean mixture and stir to combine.
4. To make dressing, combine the oil, lemon juice and honey and season to taste with salt. Add to salad and toss.
5. Add coriander and avocado and gently toss. Serve.