

Sprouted Mung Bean Hot Pot with Coconut and Wild Rice

Ingredients

1 leek cut very small
2 cups sprouted mung beans
1/3 cup wild rice
1 large carrot grated
2 cups shredded leafy greens
1 cob corn
1 stalk of lemon grass (or if you don't have zest of 1 lemon)
2 tsp grated ginger
2 cloves garlic minced
400ml coconut cream
Salt pepper and chilli to taste
200g sliced mushrooms

Method

1. Place the leek, ginger, garlic and lemon grass in a saucepan with 2 cups of water, salt and pepper. Bring to the boil and then let simmer for 15 minutes.
2. Add the wild rice and let simmer for 25 minutes then add the leafy greens, corn and sprouted mung beans.
3. Cook for 5 minutes then add the mushrooms and cook for a further 5 minutes then add the carrot and coconut cream.
4. Heat through, avoid boiling once the coconut cream has gone in and season with salt, pepper and chilli.

