

Soybean Salad

Traditional Korean soybean salad with vegetables. Healthy, protein-rich dish perfect as appetizer or side. Easy recipe with nutritious soybeans and fresh herbs.

30 min

PREP

45 min

COOK

1h 15min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 cup soybean
- 1 carrot
- 2 onion
- 1 potato
- 4 celery stick
- 0.5 bunch parsley
- 1 cup olive oil
- 2 tsp granulated sugar
- 1 tsp salt
- 4 clove garlic

Instructions

- 1 Prepare the soybeans**

Rinse 2 cups of dried soybeans and place in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat, then reduce to medium-low and simmer for 45 minutes until tender when pressed between your fingers.
- 2** Drain the soybeans and set aside to cool completely, about 15 minutes.
- 3 Prepare the vegetables**

Peel and dice 1 onion into small pieces. Peel 2 carrots and slice into thin rounds. Wash and dice 1 potato into small cubes. Finely chop 4 garlic cloves.
- 4** Wash 0.5 bunch of fresh parsley, remove thick stems, and finely chop the leaves.

5 **Make the dressing**

Combine 1 cup olive oil, 2 teaspoons salt, 1 teaspoon sugar, and chopped garlic in a large mixing bowl. Whisk until the salt and sugar dissolve completely.

6 **Assemble the salad**

Add the cooled soybeans, diced onion, carrot rounds, and potato cubes to the bowl with the dressing.

7 Toss all ingredients together until evenly coated with the dressing. Add the chopped parsley and mix gently to combine.

8 Cover and refrigerate for at least 30 minutes to allow flavors to meld before serving. Taste and adjust salt if needed.

Tips

Soak soybeans overnight in plenty of water as they will double in size. Change the water once if soaking for more than 12 hours.

Test soybean doneness by pressing one between your fingers - it should be tender but not mushy, with a slightly firm center.

Cut all vegetables to similar sizes to ensure even cooking. The potatoes should be slightly smaller as they take longer to cook through.

Don't skip the initial sautéing of vegetables - this step builds the flavor foundation and prevents the vegetables from becoming waterlogged.

Add the garlic during the last few minutes of sautéing to prevent it from burning and becoming bitter.

Let the dish cool completely before refrigerating to allow flavors to meld. The salad tastes even better the next day.

Reserve some fresh parsley for garnishing when serving to add a pop of color and fresh flavor.

Adjust the liquid during cooking - add more hot water if the mixture becomes too dry, but avoid making it soupy.