

# MUNG BEAN FOOD SAFETY FACT SHEET

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PHOTOGRAPHY

Mung beans eaten raw or lightly cooked can cause food borne illness. These beans can carry salmonella, listeria, or E. coli bacteria.

## How to handle mung beans if you work in food service?

Whilst handling mung beans in a commercial kitchen:

- Follow written instructions on packaging
- Chefs should follow good standards of hygiene
- Clean equipment and surfaces to prevent cross contamination
- Thoroughly cook dishes before serving
- Check temperature of the dish by inserting a probe thermometer, it should reach 75°C

## WHAT CAN YOU DO?

To reduce the risk of food borne illness from mung beans follow these steps:

### Purchasing:

- Use tongs or a plastic bag turned inside out to pick up loose beans
- Buy beans from refrigerated display units

### At Home:

- Keep them refrigerated at 4°C and consume within two days
- Wash hands thoroughly before and after handling
- Wash beans under running water
- Cook thoroughly in dishes

### Avoid:

- Eating beans past their use by date
- Using beans that have changed colour
- Giving people with lower immunity raw and lightly cooked mung beans

For further information, contact Andrew Thomson on [info@thinkstsolutions.com.au](mailto:info@thinkstsolutions.com.au) or call 0422 285 720