

RAW MOONG SALAD

INGREDIENTS

- 1 cup moong sprouts
- 3 cup hot water
- 1/2 tsp cumin powder
- 1/4 tsp kashmiri red chilli powder
- 1/2 tsp amchur
- 1/4 tsp salt
- 1/2 cucumber, chopped
- 1/2 tomato, chopped
- 1/2 carrot, grated
- 2 tbsp capsicum, chopped
- 2 tbsp spring onion, chopped (optional)
- 2 tbsp coriander, finely chopped
- 2 tbsp mint/pudina, finely chopped
- 1 chilli, finely chopped
- 1 tsp lemon juice
- 2 tbsp peanuts, roasted & crushed

STEPS

Step 1: Blanch 1 cup moong sprouts in 3 cups hot water for 5 minutes. you can alternatively boil for 2 minutes.

Step 2: Drain off the water. make sure the moon sprouts are softened a bit yet crunchy.

Step 3: Take the blanched moong sprouts into a large mixing bowl.

Step 4: Add 1/2 tsp cumin powder, 1/4 tsp chilli powder, 1/2 tsp amchur and 1/4 tsp salt.

Step 5: Mix well making sure the spices are well combined.

Step 6: Further add 1/2 cucumber, 1/2 tomato, 1/2 carrot, 2 tbsp capsicum, 2 tbsp spring onion, 2 tbsp coriander, 2 tbsp mint, 1 chilli and 1 tsp lemon juice.

Step 7: Mix well making sure everything is well combined.

Step 8: Finally, serve moong sprouts salad garnished with 2 tbsp roasted peanuts.