



Warm Nutritive Salad (HS)

Serving: 1

Veg

Ingredients

- -Broccoli 10-12 florets
- -Tofu cut into small cubes 100 grams
- -Oil 1 tsp
- -Cumin seeds -1 tsp
- -sesame seeds - 1 tsp
- -Coriander seeds crushed 1 tbsp
- -Onions sliced 1 small
- -Garlic sliced - 1 tbsp
- -Ginger cut into thin strips 1 inch
- -Salt to taste
- -Green chilli silted- 1
- -Tomato sliced 1
- -Boiled Sweet Potatoes , Yam Mixture - 3 tbsp

Preparation Method

- -Heat oil in a non-stick pan, add cumin seeds and sauté.
- -Add crushed coriander seeds and continue to sauté till fragrant. Add onions and continue to sauté. Add garlic and ginger and sauté till lightly browned. Add broccoli and
- Add broccoli and salt and stir.
- -Sprinkle a little water, cover and steam. Add green chilli and cook till the broccoli is slightly steamed. Add tofu (bean curd) cubes and toss. Add sweet potato, sesame seeds and toss well. Add tomato and toss.
- -Cook for a minute or two and serve hot.