



## Soya chunk salad ( HS )

Serving: 1

Veg

### *Ingredients*

- 20 grams Soya chunks ( soaked in water for 30 minutes and rinsed )
- 1 cup mix vegetable cubes ( Capsicum , onion , baby corn , cucumber , french beans , carrot etc )
- Salt and pepper to taste
- 1 tsp Garam masala
- 1 tsp oregano herbs
- 1 tsp Chilli flakes
- 1 tbsp lemon juice
- Chopped coriander to garnish
- 1 tsp oil

### *Preparation Method*

- take a wok / pan and heat it over moderate flame. Add the prepared soya chunks in the wok and stir-fry them till they turn golden in colour. Stir-frying the soya chunks will give a crunch to the salad recipe. Remove and keep them aside.
- Now in the same wok, add vegetables , . Saute both of them for a few seconds so that they get slightly crunchy.
- Now add all the spices ,Mix well
- In a serving bowl , add vegetables , top with soya chunks , than add lemon juice and garnish with coriander .Serve