



## Sprouts Corn Chaat / salad ( ES ) ( H )

Serving: 1

Veg

### *Ingredients*

- sweet corn kernels – 1 cup, boiled
- coconut – 2 tablespoons
- ginger – 1-inch piece
- green chili – 1
- salt – to taste
- **for seasoning :**
- oil – 1 teaspoon
- mustard seeds –  $\frac{1}{4}$  teaspoon
- curry leaves – few
- urad dal –  $\frac{1}{2}$  teaspoon ( OPTIONAL )
- asafoetida powder or hing – a pinch
- cumin seeds – 1 teaspoon
- Sprouts : 2 tbsp

### *Preparation Method*

- Wash and steam cook sweet corn kernels. You can also boil them first and then remove the kernels. If using frozen corn, just rinse and drain them.
- Heat oil in a pan. Splutter mustard seeds. Add cumin seeds, curry leaves, urad dal, asafoetida powder and saute till the dal turns golden brown.
- Add boiled and drained sweet corn kernels, sprouts , salt, and mix well. Saute well till the entire moisture evaporates. Add grated coconut, mix well and then turn off the flame.
- Tasty sweet corn chaat is ready. Transfer them to a serving bowl.