



chana jor salad (ES) (LS)

Serving: 1

Veg

Ingredients

- -Sprouted moong - 2 tbsp
- -Sprouted red channa - 2 tbsp
- -Chana Jhor garam - 2 tbsp
- -Boiled peanuts - 1 tbsp
- -Green chutney to taste
- -Sweet chutney to taste
- -Finely chopped onion - $\frac{1}{4}$ cup
- -Pomegranate - $\frac{3}{4}$ cup
- -Chat masala
- -Red chilli powder - 1 tsp
- -Coriander powder - 1 tsp
- -Black salt as per taste
- -Hing - 1 pinch
- -Amchur powder - 1 tsp
- -Fresh coriander
- -Lemon juice

Preparation Method

1. Boil all the sprouts
2. Mix all the ingredients with chutney and dry masala
3. Garnish with crushed channajhor and fresh coriander add few drops of lime