



Masala Sprouts salad ( HS )

Serving: 1

Veg

### *Ingredients*

- Sprouted Raw Moong 2-3 tbsp
- Sprouted Raw moth bean (matki) 2 tbsp
- Onion finely chopped 1 medium
- Cucumber peeled and cut into  $\frac{1}{2}$  inch cubes 1 medium
- Capsicum seeded and cut into  $\frac{1}{2}$  inch cubes 1 medium
- Tomatoes seeded and cut into  $\frac{1}{2}$  inch cubes 2 medium
- Lemon juice 1 tablespoon
- pinch of salt
- Green chillie ,finely chopped 1
- Fresh coriander leaves finely chopped  $\frac{1}{2}$  cup
- Green chutney 1 tsp or curds 1 tsp

### *Preparation Method*

- Mix well and serve garnish with coriander leaves.