



10 on 10 Salad (HS)

Serving:

Ingredients

- Serves 1
- **For Fruits**
- 1 slice watermelon (Itarbooz), cut into pieces,
- 1 slice papaya, cut into pieces,
- 1 slice muskmelon (kharbooza), cut into pieces,
- 1/2 apple, cut into pieces,
- **For Vegetables**
- 3-4 florets broccoli, blanched,
- 1/2 carrot, cut into thin slices & blanched,
- 2-3 baby corn, cut into half lengthwise & blanched,
- 1/4 red capsicum, cut into medium sized cubes,
- 2-3 stalks of asparagus, cut into 2 pieces & blanched
- **For parsley vinaigrette**
- 1/2 tsp. olive oil,
- 1/2 tbsp. lemon juice,
- 1/2 tsp white vinegar,
- 1/2 tsp crushed garlic,
- 1 tbsp chopped parsley,
- 1/4 tsp powdered sugar,
- salt to taste, pepper to taste

Preparation Method

- For the dressing
- Combine all the ingredients for parsley vinaigrette and mix well. Keep aside for later.
- For salad
- Just before serving, add the dressing to all fruits and veggies toss well and serve immediately.



EAT FIT 247
C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD
Vile Parle (West), Maharashtra, India, 400056
+91-9820577553
eatfit24by7@gmail.com