



Roasted capsicum and Alfafa sprouts salad with peanut dressing (HS)

Serving: 1

Veg

Ingredients

- 1 small red capsicum
- 1 small green capsicum
- 1 small yellow capsicum
- 3- tbsp Alfalfa sprouts
- oil for brushing
- Peanut Dressing :
- 2- tbsp roasted peanuts
- 1- tsp Olive oil
- 1- tsp lemon juice
- 1/2 tsp herb mix
- sprinkle red chilli flakes
- salt to taste

Preparation Method

- Pierce the red capsicum with a fork brush a little oil evenly over it roast it over an open flame till it turns black from all the sides
- cool wash it in cold water, remove the burnt skin, stem, seeds and discard them
- cut the capsicum into cubes and keep aside
- Repeat 1 and 2 for green and yellow capsicum
- Combine all the ingredients along with the peanut dressing and toss well
- Serve immediately.