



Asian salad (HS)

Serving: 1

Veg

Ingredients

- 1 Bell peppers - sliced
- Carrot julienne - $\frac{1}{4}$ cup
- Chopped cabbage- $\frac{1}{4}$ cup
- Cherry tomatoes - 2-3 (halved)
- Onion greens - 2 tbsp
- Celery - 2-3 tbsp
- Baby spinach - handful
- Rocket leaves / Spinach chopped - handful
- Beans sprouts OR Corn boiled - 2 tbsp
- Tofu / Paneer - 50 grams
- Lettuce leaves - 2-3
- Sesame seeds - 1 tsp
- Ginger dressing as required

Preparation Method

- Take a mason jar
- Layering from the bottom
- **Layer 1:** $\frac{1}{2}$ cup Ginger Dressing
- **Layer 2 :** Bell peppers , carrot , chopped cabbage
- **Layer 3 :** Cherry tomatoes , onion greens , celery, rocket / spinach leaves
- **Layer 4:** Bean sprouts
- **Layer 5:** Tofu
- **Layer 6:** Lettuce and sesame seeds