



Carrot Cabbage Open Toast (ES)

Serving: 1

Veg

Ingredients

- 1 small carrot grated
- 3 tbsp cabbage shredded
- 1 Tbsp mint coriander chutney
- 2 whole wheat bread slices or multi grain bread or white bread .
- salt and pepper powder to taste
- 1 tsp oil for cooking

Preparation Method

- Combine the chutney, cabbage, carrots and salt in a bowl, mix well and keep aside.
- Place 2 bread slices on a flat surface and spread a portion of the chutney-vegetable topping evenly over the bread slices.
- Heat and grease a non-stick tava (griddle) using $\frac{1}{2}$ tsp of oil and place each open toast with the mixture side facing downwards and cook, using $\frac{1}{2}$ tsp of oil, till it turns golden brown in colour from both the sides. .
- Cut each toast into 2 equal parts and serve .