**SPROUTS SALAD**

INGREDIENTS

* 1 cup moong sprouts
* 3 cup hot water
* ½ tsp cumin powder
* ¼ tsp kashmiri red chilli powder
* ½ tsp aamchur
* ¼ tsp salt
* ½ cucumber, chopped
* ½ tomato, chopped
* ½ carrot, grated
* 2 tbsp capsicum, chopped
* 2 tbsp spring onion, chopped
* 2 tbsp coriander, finely chopped
* 2 tbsp mint / pudina, finely chopped
* 1 chilli, finely chopped
* 1 tsp lemon juice
* 2 tbsp peanuts, roasted & crushed

INSTRUCTIONS

* firstly, blanch 1 cup moong sprouts in 3 cup hot water for 5 minutes. you can alternatively boil for 2 minutes.
* drain off the water. make sure the moon sprouts are softened a bit yet crunchy.
* take the blanched moong sprouts into a large mixing bowl.
* add ½ tsp cumin powder, ¼ tsp chilli powder, ½ tsp aamchur and ¼ tsp salt.
* mix well making sure the spices are well combined.
* further add ½ cucumber, ½ tomato, ½ carrot, 2 tbsp capsicum, 2 tbsp spring onion, 2 tbsp coriander, 2 tbsp mint, 1 chilli and 1 tsp lemon juice.
* mix well making sure everything is well combined.
* finally, serve moong sprouts salad garnished with 2 tbsp roasted peanuts.