

Sprouts Salad

A wholesome and protein rich salad option that is easy to make and ranks high on satiety index.

Ingredients -

- 2 cups of sprouted moong beans
- 1 small or medium sized cucumber chopped
- 1 medium sized tomato, finely chopped
- 1 green chilli (optional)
- 1/4 tsp red chilli powder
- 1/2 tsp chaat masala (optional)
- 1 tsp lemon juice or as required
- 1 boiled sweet potato
- A few coriander leaves and lemon slices for garnishing
- Rock salt or black salt as required

Method :

1. Rinse the sprouted moong beans in water
2. You can either steam them or boil them till they are completely cooked
3. Strain the cooked sprouts
4. Mix all the ingredients except the salt and lemon juice in a bowl
5. Season with salt and add a few drops of lemon juice.
6. Garnish with lemon slices and coriander leaves
7. Serve immediately

