

CHEESY SALAD WITHOUT CHEESE

Consists of 3 layers :

- 1. Base**
- 2. Healthy fats like coconut, nuts – a few**
- 3. Dressing – chutney**

Ingredients:

- ½ cup cashew nuts soaked
- ½ size cut green chilli
- ¼ cup coconut milk
- 1 cup chopped broccoli
- 1 cup chopped baby corn
- 1 cup red capsicum chopped
- 1 cup yellow capsicum
- 1 tsp salt
- 1 tsp dry oregano.

Process :

Put the soaked cashew nuts in a blender along with ½ cut green chilli, coconut milk and blend together to get a smooth paste. This is cashew chutney.

To prepare coconut milk – cut coconut into small pieces and put them in a mixer, add water and grind. Throw the residue.

Next mix the milk into the cashew paste.

Next – take vegetables –

1 cup chopped broccoli, baby corn (round cut) or normal corn will do. Steam for 2/3 minutes, take chopped capsicum – steam for 2 minutes. Transfer both to a big bowl – allow to cool for 2 minutes. Now add cashew chutney. Add ½ tsp of salt and 1 tsp dry oregano leaves. Mix well. Your salad is ready.