

MATKI -MASUR SPROUT SALAD

Ingredients :

Methi + Masur sprout +

Tomato (chopped) +

Fresh Coconut+

Rock salt +

Garlic mix over the salad.

Add little red chilli powder + roasted sesame seeds.

Mix all – salad is ready..

Garlic Mix Topping :

Take a bowl of fine chopped garlic, dry roast it (without OIL) +
Lemon Juice (2-3 tsp) + red chilli powder – Mix.