DietCloud – Recipe

Recipe Name: Mung Bean & Tofu Salad Recipe With Sweet Potatoes, Cucumbers & Tomatoes

Diet Type:

Course: Dinner

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green Moong Sprouts	4
• 1/2 cup Tofu - cubed	
• 1/2 cup Sweet Potato - cubed	
• 1/4 cup Onions	
• 1/4 cup Cucumber - chopped	
• 6 Cherry tomatoes - quartered	
• 2 tablespoons Coriander (Dhania) Leaves - finely chopped	
• 1 Green Chilli - finely chopped	
• 1 tablespoon Lemon juice	
• 1 tablespoon Green Chutney (Coriander & Mint)	
• 1 teaspoon Sweet Chutney (Date & Tamarind)	
• Salt - to taste	
• 2 tablespoons Lemon juice - divided	
• 1/2 teaspoon Chaat Masala Powder	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 1/4 teaspoon Red Chilli powder	
• Fresh Pomegranate Fruit Kernels	
• Sev - (optional)	
• 2 to 3 Lettuce leaves - to serve	

Preparation

• Add 1/2 teaspoon of oil, add in the sprouted mung beans and saute them well, on a medium heat for 2 to 3 minutes.
• Once they are just tossed slightly, transfer them into a bowl.

• Stir fry gently till slightly brown on all sides.

• Sprinkle a generous pinch of the masalas into the tofu and toss well.
• Set aside till later use.

• Add the green chutney and sweet chutney to the salad, add extra lime juice and a pinch of the dry masala mix over it and toss well once more, will well combined.
• Arrange lettuce leaves like cups in a platter and scoop spoonfuls of the salad onto them, garnished with pomegranate arils and sev (optional) if you wish to.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)