



Recipe Name: Name Cucumber Salad Recipe - Quickcomber sausage

Diet Type:

Course: Snack

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Cucumbers - finely chopped	4
• 1/2 cup Yellow Moong Dal (Split) - soaked for 4 hours	
• 1 Lemon - juiced	
• 1/4 cup Fresh coconut - grated	
• Coriander (Dhania) Leaves - handful	
• Salt - to taste	
• 1 teaspoon Coconut Oil	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 2 Green Chillies - finely chopped	
• 1 sprig Curry leaves - few	

Preparation

- Heat the oil in a tadka pan and add mustard seeds.
- Once the mustard seeds crackle, add asafoetida, green chillies, curry leaves and saute until the curry leaves c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	15	10	18	4	6