

Broccoli Sweet Potato Hung Curd Salad



Food Item	Quantity
Small Broccoli Florets (steamed)	1 cup
*Sweet Potato Cubes (cooked and cooled)	1 cup
Toasted walnuts (chopped)	1 tbsp
Hung Curd	1/2 cup
Garlic-green chilli paste	1/4 tsp
Rock Salt	To taste
Black Pepper	1/4 tsp
Cumin Powder (roasted)	1/4 tsp

Serving Size: 1 bowl

Procedure:

- Mix hung curd, garlic-green chilli paste, rock salt, black pepper, and cumin powder together for dressing and refrigerate for 30minutes.

- Mix the broccoli and sweet potatoes together gently.
- Cover and refrigerate for 30mins and then toss with the cold dressing.
- Garnish with toasted walnuts.

*Boil sweet potato one day prior. Cool in the refrigerator for 24 hours and use the next day. Do not reheat at high temperature.

Nutritional Info:

Fats	7.5
Carbohydrates	23
Proteins	6.8