Lunch, Indian

Apple and Kidney Bean Salad with Guacamole

Chopped apple and crushed rajma are gently tossed in a creamy mashed avocado and tomato dressing, brightened with lemon juice and a crunch of spring onion greens.



Vegetarian | Gluten free | Nut free

15 min	107	9.4 g	4.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup chopped apple (unpeeled)
- [ ] 1/2 cup soaked and boiled and crushed rajma (kidney bean)
- [ ] 1/2 tsp lemon juice
- [ ] 1/4 cup chopped spring onion greens
- [ ] 3/4 cup peeled and roughly chopped avocado
- [ ] 1/2 cup chopped tomato
- [ ] 2 tsp lemon juice
- [ ] salt (namak) to taste

Method

- [ ] 1 Mash the avocado and chopped tomato with the lemon juice and salt in a deep bowl, using a potato masher, to make a creamy guacamole dressing.
- [ ] 2 Add the chopped apple, crushed rajma, spring onion greens and the remaining lemon juice to the bowl, then toss everything gently with the guacamole dressing.
- [ ] 3 Serve the salad immediately.

Nutrition Facts

Per serving

Calories	**107**
Total fat	6.7 g
Saturated fat	Not listed
Sodium	11 mg
Total carbs	9.4 g
Fiber	1.8 g
Total sugars	4.8 g
Protein	2.2 g

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