Lunch, Indian

# Crunchy Fruit and Vegetable Tossed Salad

Crisp lettuce, capsicum, carrot, apple, orange and raisins get coated in a creamy curd dressing flecked with mustard, onion and green chillies. Toss it together in minutes for a refreshing side at lunch or dinner.



Vegetarian | Nut free | Low fat

| 10 min | 67 | 12.5 g | 11.9 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 4 servings

- [ ] 1 cup chopped iceberg lettuce , torn into pieces
- [ ] 1/2 cup coloured capsicum cubes
- [ ] 1/2 cup grated carrot
- [ ] 1 cup apple cubes
- [ ] 1/2 cup orange segments , cut into halves
- [ ] 2 tbsp chopped raisins (kismis) , optional
- [ ] 1/4 cup dahi (curd)
- [ ] 1/4 tsp mustard (rai / sarson) powder
- [ ] 2 tsp finely chopped onion
- [ ] 2 tsp finely chopped capsicum
- [ ] 1 tsp finely chopped green chillies
- [ ] 1/8 tsp salt (namak) to taste

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **67** |
| **Total fat** | 1.2 g |
| Saturated fat | Not listed |
| **Sodium** | 91 mg |
| **Total carbs** | 12.5 g |
| Fiber | 2.4 g |
| Total sugars | 11.9 g |
| **Protein** | 1.4 g |

## Method

- [ ] 1 Whisk the dahi (curd) in a small bowl until smooth.
- [ ] 2 Stir in the mustard (rai / sarson) powder, finely chopped onion, finely chopped capsicum, finely chopped green chillies and salt to make the dressing.
- [ ] 3 Combine the torn iceberg lettuce, coloured capsicum cubes, grated carrot, apple cubes, halved orange segments and chopped raisins in a deep bowl.
- [ ] 4 Pour the dressing over the salad and toss well so everything is evenly coated.
- [ ] 5 Serve immediately for the best texture and flavour.

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