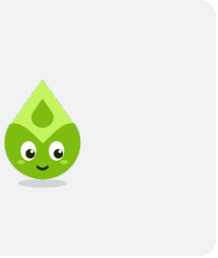
Lunch, Indian

Crunchy Kachumber Salad with Lemon Dressing

Juicy tomato cubes and crisp cucumber meet sliced spring onions in a lively salad tossed with a zesty lemon juice, garlic and green chilli dressing.

15 min	16	3 g	3 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free | Nut free

Ingredients, 4 servings

- [ ] 1 cup tomato cubes
- [ ] 1 cup cucumber cubes
- [ ] 1/2 cup sliced spring onions
- [ ] 1/2 tsp finely chopped green chillies
- [ ] 1 tsp finely chopped garlic (lehsun)
- [ ] 1/2 tbsp lemon juice
- [ ] salt (namak) to taste

Method

- [ ] **1** Add 1 cup tomato cubes, 1 cup cucumber cubes and 1/2 cup sliced spring onions to a large mixing bowl.
- [ ] **2** Whisk together 1/2 tbsp lemon juice, 1/2 tsp finely chopped green chillies, 1 tsp finely chopped garlic and salt to taste in a small bowl.
- [ ] **3** Pour the dressing over the vegetables and toss well so every piece is evenly coated.
- [ ] **4** Serve the salad immediately, chilled if you like.

Nutrition Facts

Per serving

Calories	**16**
Total fat	0.1 g
Saturated fat	Not listed
Sodium	93 mg
Total carbs	3 g
Fiber	1.6 g
Total sugars	3 g
Protein	0.7 g

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