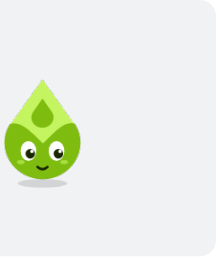
Lunch, Indian

Fresh Sweet Lime and Capsicum Salad

Juicy sweet lime segments are tossed with crunchy capsicum, cucumber and torn lettuce, then finished with a zingy lemon and mustard dressing. It comes together in minutes and works well alongside a main course.



Vegan | Dairy free | Nut free

10 min	44	8.2 g	3.7 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup sweet lime (mosambi) segments
- [ ] 1 cup yellow and green capsicum cubes
- [ ] 2 cups lettuce , torn into pieces
- [ ] 1 cup cucumber cubes
- [ ] 1/2 tsp mustard (rai / sarson) powder
- [ ] 1/2 tsp freshly ground black pepper (kalimirch)
- [ ] 1 tbsp lemon juice
- [ ] salt (namak) to taste

Method

- [ ] 1 Combine the sweet lime segments, yellow and green capsicum cubes, cucumber cubes and torn lettuce in a large bowl, then cover and chill.
- [ ] 2 Just before serving, stir the mustard powder, freshly ground black pepper, lemon juice and salt together in a small bowl to make the dressing.
- [ ] 3 Pour the dressing over the chilled salad and toss until everything is evenly coated.
- [ ] 4 Serve immediately.

Nutrition Facts

Per serving

Calories	44
Total fat	0.5 g
Saturated fat	Not listed
Sodium	27 mg
Total carbs	8.2 g
Fiber	3.1 g
Total sugars	3.7 g
Protein	1.8 g

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