

Salad

Some days you are more creative than other days. So this was on one of those creative days - my experiment with salad:)

Ingredients

How many servings?

1 tsp black cumin seeds

2 tsp sesame seeds

1 tsp olive oil

75 gms sweet corn

7-8 florets broccoli

120 gms cottage cheese

100 gms chopped bell pepper

Salt

Steps

How long to cook?

- 1 In a pan, add olive oil, black cumin seeds &
- 2 Once seeds start to crackle, add all chopped vegetables and corn. Add salt.
- 3 Saute & cook with lid for 5-7 mins.
- 4 Add crushed cottage cheese and let it cook for
- 5 Ready to serve a healthy salad!!