

SALADA D`  
**IDALINA**

*A Chef's Special recipe*





# INGREDIENTS

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**1 tea cup** Sprouted Beans

**½ tea cup** Finely Chopped  
Fresh Mango Or Pineapple

**¼ tea cup** Finely Chopped  
Baby Corn Or Corn Kernels

**1 tsp** Finely Chopped  
Green Chilly

**3 nos** Finely Chopped  
Spring Onions

**2 nos** Finely Chopped Tomatoes

**3 tsp** Fresh Grated Coconut

**2 tsp** Chopped Coriander

**2 tsp** Lemon Juice

Salt, Sugar and Olive Oil for Dressing





# METHOD

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1. Mix all the ingredients with sprouted beans together. Once mixed well, add salt, sugar, lemon juice and olive oil and mix once again.

2. Serve with garnish on the side.

