

ASPARAGUS KERABU SALAD

INGREDIENTS

| | |
|------------------------|--------|
| Boiled Asparagus | 100 gm |
| Mushroom Tossed in oil | 30 gm |
| Sliced Onion | 10 gm |
| Sambal Sauce | 5 gm |
| Soya Sauce | 5 ml |
| Dressing | |
| Lime | 10 ml |
| Red Chili Fresh | 10 gm |
| Sambal Sauce | 5 gm |
| Jaggery | 10 gm |
| Salt | 5 gm |
| Garnish | |
| Cherry Tomato | 3 ps |

METHOD

1. Sliced the mushroom & cut the asparagus in half cent long.
2. Blanch the mushroom & asparagus & make it cool with ice water.
3. Mix all the ingredients for dressing & mix well with asparagus & mushroom.
4. Garnish with banana leaf & parsley and serve cold.

NUTRITION FACTS

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|---------|-------|
| Kcals | 118 |
| Fat | 7.4g |
| Protein | 5.4g |
| Carbs | 1.3mg |



RECIPE COURTESY:
MALAKA SPICE, PUNE