



## Nutri Chaat Recipe (Diabetic Friendly)

### Ingredients

- Tablespoons MAGGI Hot & Sweet Tomato Chilli Sauce
- gms Sprouts
- 1/4 1/4 Cup Soya Flour
- Tablespoons Ground Nut
- Carrot (cut into small cubes)
- gms Pepper Corns
- Onion (Chopped)
- Tomato (Small, Chopped)
- Green Chillies (Chopped)
- 1/2 1/2 Cup Coriander Leaves (Chopped)
- Tablespoons Mint Leaves (Chopped)
- Tablespoons Lime Juice
- Tablespoon Ginger (Chopped)
- Teaspoon Dry red chillies (cut into 2 parts)
- 1/4 1/4 Teaspoon Salt (to taste)

### Instruction

1. Steam the sprouts for 5 minutes in a strainer over boiling water. Remove and place in a large bowl. Soak the Soya granules in hot water for 5 minutes. Squeeze out the water and add to the sprouts.
2. Add rest of the ingredients into this mixture and mix well, adding the MAGGI Hot & Sweet Sauce.
3. Spoon into individual bowls and serve immediately.

### Nutrition

Carbohydrates	11.03 g
Energy	77.12 kcal
Fats	2.67 g
Protein	4.14 g

22 Minutes