



BRAND MASALE

PALAK AUR GEHUN **KA SALAD**

Cook Time 10

Prep Time 5

Serves 4

Ingredients (Contd.)

Bawa Brand Clove, powdered	1/4 teaspoon
Spinach, shredded	2 cups
Large red onion, roughly sliced	1
Large tomato, roughly chopped	1
Large lime	1

Preparation

Step 1

Combine wheat grains with 2 cups water and 1/2 teaspoon salt in a saucepan and bring to a boil over medium heat. Boil the mixture, stirring occasionally, till the wheat is cooked and tender, but not mushy. Drain extra water and rinse the cooked wheat in cold water.



Ingredients

Wholewheat grains (gehun), washed and drained	1 cup
Water	2 cups
Salt	To taste
Vegetable oil	1 tablespoon
Bawa Brand Kashmiri Mirch powder	1 teaspoon
Bawa Brand Coriander Powder	1/2 teaspoon
Bawa Brand Cumin Powder	1/2 teaspoon

Step 2

In a large bowl, combine oil with powdered spices and mix well

Step 3

Add the cooked wheat, spinach, onion and tomato and toss to mix. Squeeze in lime juice, toss once more and serve.

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