



# Chayote with Peppery Mung Dal

SERVES 2

## Ingredients

- 1 cup (130g) chayote (1 piece)
- 50g mung dal, cooked
- 1 chopped green chilli
- 1 teaspoon mustard
- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 1 teaspoon ground black pepper
- 1 tablespoon cilantro leaves (coriander) chopped
- 1 tablespoon sunflower oil
- 4 cloves garlic
- Salt to taste

## Nutrition Information Per Serving

Energy	170 kcal
Carbohydrates	19g
Protein	6g
Total fat	10g
Saturated fat	1g
Cholesterol	0mg
Dietary fibre	8g
Sodium	5mg
Potassium	135mg
Carbohydrate exchange	~1 exchange

## Method of preparation

1. Cook the chayote with the green chilli. Add cooked dal, black pepper and salt.
2. Heat the oil in a pan and fry the mustard seeds until they sputter, then add the fennel seeds.
3. Add the chayote and dal to the pan. Mix well.
4. Pound garlic, cilantro leaves and cumin seeds and use this mixture as garnish.
5. Sprinkle the green chilli and salt over the salad and serve.

*About the author: Kohila Govindaraju is an accredited nutritionist and director of THE BERRIES Nutrition Consulting, an avid blogger (kohilag.wordpress.com) and prolific author of magazine articles on food and nutrition, including a book titled How to Lose Weight Without Hunger published by PatientsEngage.*