

WATER APPLE AND CAPE GOOSEBERRY SALAD

Winter calls for a variety of fruits and vegetables. And on my recent visit to Kolkata, I got some water apples and cape gooseberries which was made into a beautiful salad which was loved by both of us.

Water apple resembles an apple from outside because of the red color which comes in green and white colour too.

It tastes sweet, tangy,

crunchy and juicy. I tried a simple salad with this fruit and berries, as I wanted a good combination of sweet and sour taste. I also added some finely chopped onion, crushed garlic and green chili.

This salad is crunchy, sweet and sour with a tiny hint of spice from the green chili. I gave this an Indian touch with a coconut oil, curry leaves and mustard seed tempering but feel free to use a splash of olive oil or any dressing.

INGREDIENTS –

Sweet water apple, chopped – 1 cup

Cave gooseberry, cut into halves – 3/4 cup

Onions, chopped – 1/2 cup

Green chilli, chopped – 1 (optional)

Garlic, crushed – 2 pods (optional)

Coconut oil – 1 tbsp

Mustard seeds – 1/4 tsp

Curry leaves – 2 sprigs

Salt

METHOD –

Toss water apple, gooseberry, onions, chilli, garlic and salt in a bowl.

For tempering –

Heat oil.

Add mustard seeds and curry leaves.

Turn off the heat when they start spluttering.

Add to the salad.



**CAPE
GOOSEBERRY**

IMAGES TAKEN FROM GOOGLE



**WATER
APPLE**

ENJOY:))

HAPPY EATING!!

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XOXO,

Manisha, FOODNSPOONS