

Tricolour Salad Recipe



- Total Time 20m
- Prep Time 10 m
- Calories 242

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Are you one of those who are completely patriotic? Well, why not be creative on such occasions and try a salad loaded with nutrition! This is an easy-to-make salad recipe prepared using broccoli, baby corns and carrot along with a little butter, salt and black pepper powder. It is such a simple recipe that you can make in just 15-20 minutes. If you are on a diet, then this tricolour salad is an easy option for you to have and mind you, you will fall in love with this crunchy dish. You can pair it up as a side dish with your favourite grilled chicken and enhance the taste of your meal. With this nutritious salad recipe, complimentary salutes are guaranteed. Go ahead and try it for yourself!

Ingredients of Tricolour Salad

- ❖ 1 small broccoli
- ❖ 0 salt as required

- ❖ 1 large carrot
- ❖ 0 water as required
- ❖ 0 black pepper as required
- ❖ 1 1/2 tablespoon butter
- ❖ 8 baby corn

How to make Tricolour Salad

❖ **Step 1: Wash the veggies**

To prepare this healthy salad recipe, start by washing the vegetables under running water.

❖ **Step 2: Boil baby corns for 5 minutes**

Now, place a pan over medium flame and add water in it along with a pinch of salt. Bring it to a boil and add the baby corns in it, boil for 5 minutes and then turn off the flame, and drain the water. Keep the baby corns aside.

❖ **Step 3: Blanch broccoli and chop carrot**

Next, in the same pan, blanch the broccoli for a few seconds. Once done, drain out the water keep it aside. Then, peel the carrot and slice it diagonally.

❖ **Step 4: Saute the veggies**

Now, place a pan on medium flame and melt 1/2 tablespoon of butter in it. Once melted, add the baby corns into the pan and saute for a minute. Season with salt and pepper. Once done, transfer the baby corns in a bowl and in the same pan, add 1/2 tablespoon butter, broccoli florets and saute for a minute. Once the broccoli is sauteed, transfer it to a bowl and saute the carrots in the same pan with half tablespoon of butter and seasoned with salt and pepper.

❖ **Step 5: Toss the sauteed veggies together and serve immediately**

Once done, toss the sauteed veggies on a serving plate or arrange the vegetables in three layers so as to represent the tricolour. Adjust the seasonings in the salad. Serve hot!