

瑪薩拉粟米混合沙律(4 人分量)

作者：斯米達•塔路達

翻譯：李穎彤

材料：

新鮮粟米	2 條
青瓜	1 (大, 切粒)
洋蔥	1 (小, 切粒)
甜椒 (紅、黃和綠)	各 1 (切粒)
芫荽	1 杯 (切碎)
炸豆粉條	1 包 (南亞雜貨店有售)
烤花生碎	1 包
青辣椒 (按喜好添加)	1 (切碎)

調味

檸檬汁	1 湯匙
辣椒粉	½ 茶匙
烤小茴香粉	1 茶匙 (南亞雜貨店有售)
Chat masala 混合香料	1 茶匙 (南亞雜貨店有售)
鹽	隨意
黑胡椒	隨意

做法：

1. 蒸熟粟米並用刀子切出粟米粒。
2. 把所有材料放到大碗裡。
3. 加入所有調味料拌勻即成。



圖片來源：斯米達•塔路達

Masala corn bhel (Number of servings: 4)

Author: Simita Talukdar

Ingredients:

Fresh corn	2
Cucumber	1 (big, diced)
Onion	1 (small, diced)
Bell pepper (red, yellow and green)	1 each (diced)
Coriander	1 cup (finely chopped)
Bhujia sev	1 cup (available at South Asian grocery)
Roasted crushed peanut	1 packet
Green chili (optional)	1 (finely chopped)

Seasoning

Lemon juice	1 tbsp
Chili powder	½ tsp
Roasted cumin powder	1 tsp (available at South Asian grocery)
Chat masala	1 tsp (available at South Asian grocery)
Salt	To taste
Black pepper	To Taste

Method:

1. Steam fresh corn and cut the kernels off the cob.
2. Put all ingredients in a big bowl.
3. Add all seasonings. Mix well and serve.



Photo credit: Simita Talukdar