



Masala Papad

15 Jul 2017 5 Min

Details

Papad is a good appetizer and a source for digestive. Roasted or grilled papad helps to absorb the fatty material from the mouth and throat. It should be consumed in moderation as it is high in sodium.

Ingredients



1.0 Large(10.0 gm) Papad



2.0 Chopped Tbsp(12.0 gm) Onion



2.0 Chopped Tbsp(19.0 gm) Tomato



2.0 Chopped Tsp(2.0 gm) Coriander Leaves



1/2 Tsp(2.0 ml) Lemon Juice



1/2 Tsp(2.0 gm) Salt



1.0 Tsp(2.0 gm) Sev

Method (Step-By-Step)

- In a bowl, take 2 tbsp chopped onions, 2 tbsp chopped tomatoes, 2 tsp chopped coriander leaves, 1/2 tsp salt, 1/2 tsp lemon juice and mix it well
- Take the roasted papad in a plate.
- Put all the chopped vegetable mixture on it.
- Serve it immediately