



## Ingredients

How many servings?

1 tsp black cumin seeds

2 tsp sesame seeds

1 tsp olive oil

75 gms sweet corn

7-8 florets broccoli

120 gms cottage cheese

100 gms chopped bell pepper

Salt

## Steps

How long to cook?

1 In a pan, add olive oil, black cumin seeds &

2 Once seeds start to crackle, add all chopped vegetables and corn. Add salt.

3 Saute & cook with lid for 5-7 mins.

4 Add crushed cottage cheese and let it cook for

5 Ready to serve a healthy salad!!