



INGREDIENTS

- Long & Short Spinach Spaghetti - 100g (broken)
- Mixed seeds (pumpkin, watermelon, sesame, flax), dry roasted - 1 1/2 cups
- Olive oil - 1 tablespoon
- Avocado, sliced - 1 nos.
- English cucumbers, thinly sliced - 2 nos.
- Zucchini, thinly sliced - 1 nos.
- Feta cheese - 50g
- Balsamic vinegar - 1 tablespoon
- Assorted veggies (peas, broccoli, etc), blanched - 1 1/2 cup
- Garlic powder - 2 teaspoon
- Black pepper powder - 1 teaspoon
- Oregano - 1/2 tablespoon
- Rosemary - 1-2 sprigs
- Lemon leaves, chopped - 5-6 nos
- Basil leaves, crushed - 4-5
- Romaine lettuce

STEPS FOR COOKING

