

# Green movement

Keep it clean and cool this summer: the *Time Out* guide to salads in the city.



VIVEK SINGH

## Sprout Salad

### Basil and Thyme

There appears to be some confusion which salad at this cute, breezy restaurant in Chanakyapuri is actually the sprout salad. It's not listed on the menu and when we asked for it, we were told it comes with the quiche lorraine, which we then ordered. We got a generous helping of the perfect pick-me-up salad: evenly julienned strips of green and red cabbage, carrot and green pepper – and, of course, sprouts – garnished with purple grapes. Besides being pretty to look at, the salad was lightly seasoned with a french dressing of malt vinegar, olive oil, salt and pepper. The crisp salad is definitely

good for a quick bite in between shopping at the surrounding boutiques, as it doesn't overwhelm you. The confusion arose when our photographer coincidentally showed up and got a completely different salad as the "sprout salad". A little digging around revealed that we had been served the regular salad (a favourite, apparently), while the salad that usually comes with the quiche is a tomato salad with kernels of corn and sprouts. Both have sprouts and are delicious, proving that a salad by any name tastes yummy at Basil & Thyme.

*Santushti Shopping Complex, New Willingdon Camp, Chanakyapuri (2467-4933). Mon-Sat 10.30am-6pm. MC, V. Rs 305.*

## Salade Niçoise

### Big Chill

If you're looking for a salad that's hearty without being filled with chicken or cold cuts, try the salad niçoise at the Big Chill. It's a meal in itself, especially if you're planning on eating dessert as well. The tuna is nothing fancy, but tastes just fine – not too fishy or bland. It compares favourably to certain five-star hotel establishments, which plop a chunk of half-frozen gourmet tuna atop a bed of lettuce and call it niçoise. Of course, this salad does have lettuce – and it's nice and crunchy – as well as snappy green beans, tomatoes, green peppers, black olives, onions and

hard boiled eggs that the pickiest of yolk-avoiders won't be able to resist. The dressing is more creamy than a typical vinaigrette, but a good complement to the salad and always served in the perfect proportion. If you get this salad packed, the dressing will come separately to ensure that it remains fresh. If the restaurant is too crowded, take your salad and enjoy it under the shade of a tree at Lodhi Gardens. Okay, so it's not an authentic French salad, but let your imagination run. And fish makes you smarter too.

*F.38 East of Kailash (2648-1030); 86-A Khan Market (4175-7588). Daily noon-11.30pm. MC, V. Rs 120.*

