

# Indian Inspired Buddha Bowl

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-cucumber-salad-indian-recipe>

## Ingredients:

- 1 tablespoon flaxseeds
- 3 tablespoons water
- 2 cups peas divided
- 2 tablespoons olive oil
- 1/4 cup gluten free flour I used Bobs Red Mill All Purpose Gluten Free Flour
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons turmeric
- 1 1/2 teaspoons coriander
- 3/4 teaspoon salt
- 2 tablespoons chopped fresh mint
- 5 spring onions white parts minced, green parts sliced thinly
- neutral oil for pan frying
- 2 cups cilantro
- 2 cups mint
- 1/4 cup lemon juice
- 1 inch ginger
- 1 serrano pepper large
- 6 tablespoons water
- 2 cups basmati cooked
- 2 carrots grated
- 1 serrano pepper large, seeded and minced
- 1 onion small, diced
- 1 cup cashews half chopped, half whole
- 1/2 cup raisins
- 3/4 cup cherry tomatoes coarsely chopped
- 4 teaspoons chaat masala
- 1 cup chopped cilantro
- baby spinach
- cucumbers Julienned
- scallions
- cilantro
- radicchio
- mint leaves
- cherry tomatoes

- serrano peppers Sliced

## **Nutrition:**

1. Calories: 980 calories
2. Carbohydrate: 138 grams
3. Fat: 40 grams
4. Fiber: 14 grams
5. Protein: 25 grams
6. SaturatedFat: 6 grams
7. Sodium: 510 milligrams
8. Sugar: 23 grams

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