

# Indian Spinach Salad

Yield: 2 min  
Total Time: 40 min

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

## Ingredients:

- 2 cups cauliflower broken or cut into bite-sized florets
- 1 bunch radishes about 5 or 6, cut into quarters
- 3 tablespoons avocado oil divided
- salt
- pepper
- 2 shallots average-sized, cut in thin slices
- 1 teaspoon grated ginger depending on your love of ginger
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon mustard seeds
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper adjust to taste!
- 1 teaspoon tamarind paste or sub more lime to taste
- 5 ounces baby spinach about 4–5 cups
- 1/2 cup cilantro roughly chopped
- 1/2 lime
- 1/2 cup black lentils cooked, room temp, or sub chickpeas or brown lentils see notes
- 1/4 cup pistachios optional

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 41 grams
3. Fat: 29 grams
4. Fiber: 9 grams
5. Protein: 13 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 580 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Indian Spinach Salad above. You can see more 20 cauliflower salad recipe indian style Ignite your passion for cooking! to get more great cooking ideas.