

Indian Spiced Rice & Lentil Salad

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 1 cup basmati rice rinsed and drained
- 1 cup dried lentils rinsed and drained
- 1/2 cup sliced almonds
- 1 tablespoon oil
- 1/2 red onion finely chopped
- 2 cloves garlic minced
- 1 tablespoon ginger minced
- 1 small jalapeno seeds and membranes removed, minced
- 1 1/2 teaspoons Garam Masala
- 1 1/2 teaspoons cumin
- 4 1/3 cups water
- 2 teaspoons salt
- 1 teaspoon sugar
- 1/2 cup golden raisins
- 6 cherry tomatoes quartered
- 1 cucumber small, chopped
- 1 handful mint leaves
- 1 handful cilantro
- 1 tablespoon lemon juice
- 1/3 cup yogurt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 60 grams
3. Fat: 7 grams
4. Fiber: 13 grams
5. Protein: 14 grams

6. SaturatedFat: 0.5 grams
 7. Sodium: 810 milligrams
 8. Sugar: 10 grams
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