

Fried Cauliflower Salad

Yield: 3 min
Total Time: 40 min

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

Ingredients:

- 1 head cauliflower broken into large florets
- 1 red bell pepper
- 1 red onion
- 3 Roma tomatoes
- 10 mint leaves each of, parsley, cilantro
- 2 scallions
- 4 sprigs fresh dill
- 2 ounces white vinegar
- 2 ounces extra-virgin olive oil
- 2 ounces amba fermented mango sauce
- 1 lemon juiced
- oil for frying
- 1 cup sauce prepared tahini
- black sesame seeds for garnish, optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 33 grams
5. Fiber: 12 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 420 milligrams
9. Sugar: 17 grams

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