

Indian slaw

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-using-mustard-powder>

Ingredients:

- 1/2 cup yoghurt full fat
- 1/2 cup mayonnaise I really like Hellmans
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon chili powder kashmiri
- 1/2 teaspoon black pepper coarse grind
- 1/4 teaspoon mustard powder I use Keens
- 2 1/2 tablespoons lemon juice from a lemon, not a bottle
- 1 tablespoon milk optional to thin if your yoghurt is really thick
- 1 teaspoon sugar – you can use a bit more if you like sweet but don't go crazy
- 1 green cabbage small, sliced as thinly as you can
- 1/2 Spanish onion large, sliced as thinly as you can
- 2 carrots shredded, I use a cheese grater
- 2 jalapenos large, seeded and julienned
- 2 1/2 teaspoons kosher salt
- 2 teaspoons table salt
- 1 tablespoon vegetable oil
- 1 handful cilantro stems and leaves, finely chopped
- dressing all the, from above

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 10 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 4 grams
7. SaturatedFat: 3 grams
8. Sodium: 2960 milligrams

9. Sugar: 7 grams

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