

## Indian salad (gluten free)

Search:

- [Salad](#)
- [Recipes](#)

## Indian salad (gluten free)

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Indian salad (gluten free)

---



Rate this recipe

3 people are cooking this [Count me in](#)

Bored of the usual tuna salad? Us, too! We love this Indian salad recipe with cauliflower & sweet potato.

### Ingredients (serves 5-6)

- ½ head cauliflower
- 1 medium [sweet potato](#) (roasted)
- 3 tbsp. yoghurt (plus extra to serve)
- 1 tsp garam masala
- 1 tsp cinnamon
- 2 tsp cumin powder
- 3 tbsp coconut oil
- 4-5 saffron threads
- 1 tsp turmeric
- 1 cup brown rice
- 1 cup fried paneer cheese
- 1 tbsp coconut cream
- ¼ cup sultanas or raisins
- 2 red chillies
- 1 tsp nigella seeds

## Indian salad (gluten free)

---

- 1 tsp mustard seeds
- 1 tsp fenugreek seeds
- 2 tsp cumin seeds
- ¼ cup mixed dried fruit (apples, pears, peaches, apricots, dates etc)
- ½ bunch coriander
- 3 tbsp crushed toasted almonds
- Handful crushed papadums

### To serve:

Natural yoghurt, coriander and crushed papadums.

### Method

Cut the cauliflower and sweet potato into small pieces and place onto a baking tray. In a small bowl, mix together the yoghurt, garam masala, cinnamon and one teaspoon of the cumin powder. Next, dollop this mixture onto the cauliflower and sweet potato. Using your hands, toss the sweet potato and cauliflower until coated. Splash with one tablespoon of coconut oil and place into the oven for around 30 minutes.

In a pot of boiling water, add in the turmeric and saffron threads. Gently mix, then place in the brown rice and let simmer until tender.

While vegetables are in the oven and boiling water on the stove, throw the paneer cheese (cubed into two-cm pieces if not already done so) into a non stick fry pan and cook until golden in one tbsp of the coconut oil and one tablespoon of coconut cream. Once done, place into a bowl. Add the raisins/sultanas.

In the now empty dry fry pan, place in the seeds and remaining spices and cook for two minutes until fragrant. Put the seeds on top of the cheese/sultanas.

Cut up the dried fruit into fine threads and throw into non-stick pan. Fry for two minutes until lightly golden. Take off heat and set aside.

Once brown rice is tender, remove from heat, drain and run briefly under cold water. Place the brown rice (with no excess liquid) into the bowl and toss in the cheese, spices and sultanas. Chop up the coriander (including the stalks) and throw into the salad.

By this stage the vegetables should be tender and golden in the oven. Remove the vegetables from the oven and place into the salad. Toss together into the rice mixture with the remaining one tablespoon of coconut oil.

Recipe from Kate Bradley, [www.kenkokitchen.com](http://www.kenkokitchen.com)

Photo credit: Elisa Watson

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```