



FAST

HEALTHY

Indian Cauliflower Salad

with Spinach and Feta



20-30min



2 Portions

You don't have to eat a heavy curry to enjoy the aromatic taste of Indian cuisine. This light and healthy salad combines cauliflower, spiced with chaat masala and cooked with fresh curry leaves, with earthy chickpeas, creamy feta and crunchy almonds for a world of flavour.

What we send

- feta ⁷
- chaat masala spice blend ¹⁷
- cauliflower
- red onion
- slivered almonds ¹⁵
- curry leaves
- chickpeas
- Lebanese cucumber
- baby spinach leaves
- lemon

What you'll require

- neutral-flavoured oil
- sea salt and pepper
- water

Utensils

- large deep frypan or saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Once you remove the centre stem from the cauliflower it will naturally fall apart into large florets. You can break these large florets down into smaller, bite-sized florets with your knife.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 500kcal, Fat 29.6g, Carbs 24.6g, Proteins 24.1g



1. Toast almonds

Put the **almonds** in a cold large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan.



2. Prepare vegetables

Meanwhile, trim and cut the **cauliflower** stem into small chunks, then cut the head into very small florets (see cooking tip). Halve the **onion** and thinly slice. Pick the **curry leaves**.



3. Drain chickpeas

Rinse and drain the **chickpeas**.



4. Cook cauliflower

Heat **1 tbs oil** in reserved pan over medium-high heat. Cook the **cauliflower, onion** and **curry leaves**, stirring occasionally, for 3 mins or until light golden. Reduce the heat to medium-low, stir in the **chaat masala** and season with **salt and pepper**. Add **60ml (¼ cup) water**, partially cover with a lid and cook for 3 mins or until the cauliflower is just tender.



5. Prepare salad ingredients

Meanwhile, coarsely chop the **cucumber**. Cut the **lemon** into wedges.



6. Get ready to serve

Stir the **chickpeas** into the **cauliflower mixture**. Put the **spinach, cucumber** and **chickpea mixture** in a large bowl and toss to combine. Divide the **salad** among plates and crumble over the **feta**. Scatter over the **almonds** and serve with the **lemon wedges**.