

## INDIAN STYLE CAULIFLOWER SALAD

Serves 4-6

### Ingredients

50ml Extra virgin olive oil  
 2 tsp medium curry powder  
 2 tsp panch phora spice mix  
 1 medium red onion, peeled, diced  
 1 medium cauliflower cut into florets or chunks  
 ¼ tsp dried chilli flakes  
 1 medium bunch fresh coriander, leaves roughly chopped  
 ½ cup sultanas  
 ¼ cup almonds  
 Juice of a lemon  
 Sea salt  
 Freshly ground black pepper

### Method

- Fry onions in olive oil until soft then add the cauliflower and stir to combine
- Add the sultanas and nuts then the panch phora, season with salt, pepper and chilli flakes
- Now add the curry powder and cook over a moderate heat stirring continually for about 10 minutes until the cauliflower starts to soften. Don't overcook it as the cauliflower wants to be crunchy
- Finally add the lemon juice and stir
- Remove from the pan and place into a serving bowl and garnish with fresh coriander
- Serve with BBQ meats or fish

