

# Spicy Indian Cauliflower Salad



## Ingredients:

- 1 Cauliflower
- 1 ETC spice mix (see recipe below)
- Squeeze of lemon juice
- 100 g Roasted cashews chopped
- ¼ bunch of flat-leaf parsley
- ¼ bunch of mint

## *Spice Mix:*

- 2 tsp cumin
- 2 tsp coriander
- 1 tsp turmeric
- ½ tsp cayenne
- 1 tsp ginger
- 1 tsp garam masala
- ½ tsp sea salt

## *Labna:*

- 500 g Greek yoghurt
- Zest of 1 lemon
- pinch of salt and pepper
- Sprig of thyme

## Method:

1. Cut cauliflower into florets and put small batches into the deep fryer until golden brown. Set aside.
2. Add the roasted cashews, parsley, mint, spice mix and lemon juice into a bowl and stir.
3. Then coat the cauliflower in the mix whilst still warm. Serve with Labna.

## *Spice Mix Method:*

1. Mix all ingredients together in a bowl. If crushing the ingredients yourself please use a mortar and pestle.

## *Labna Method:*

1. Mix the yoghurt, lemon zest, thyme, salt and pepper together in a bowl.
2. Place the mixture into a muslin cloth covered colander over a bowl. Tie off the muslin cloth and ensure the colander is not touching the bottom of the bowl.
3. Place in the fridge for 24-48 hours to drain away the excess liquid.