

# Indian Salad

**Serves:** 40 tastes

**Recipe source:** adapted from [recipetineats.com](http://recipetineats.com)

This is an Indian style coleslaw with a warm “dressing”.

**Fresh from the garden:** carrots, coriander, curry leaves

<b>Utensils:</b> Chopping boards Knives Measuring cups and spoons Peeler Grater Garlic crusher Large frying pan Large mixing bowl Small mixing bowl Spatula 3-4 serving bowls	<b>Ingredients:</b> 2 1/2 tablespoons coconut oil 1 teaspoon black mustard seeds 1 teaspoon cumin seeds 3 shallots, finely diced 1/2 brown onion, finely diced 4 cloves garlic, crushed 1 jalapeno chilli, deseeded and finely chopped 15 curry leaves 1/2 teaspoon turmeric 2/3 cup desiccated coconut 2/3 cup water 1 teaspoon salt 1/3 red cabbage, finely sliced 3 carrots, grated Large handful fresh coriander, roughly chopped
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## What to do:

1. Prepare vegetables as detailed in the ingredients list above. Place onion and shallots into a small bowl until ready to use. Put garlic and chilli into another small bowl. Put carrot and cabbage into the large mixing bowl.

2. Melt coconut oil in the frying pan over a medium/high heat. Add mustard seeds and cook for 30 seconds. They will sizzle and pop.
3. Add cumin seeds and cook for another 30 seconds.
4. Turn the heat down a little then add shallots and onions and cook until translucent, but not coloured.
5. Add garlic and chilli and cook until softened, but not golden.
6. Add turmeric and curry leaves, and stir until well combined. Add coconut, water and salt and cook until the water is mostly evaporated, around 3 minutes.
7. Add the hot coconut mixture to the cabbage/carrot and mix well. The cabbage should wilt a little from the heat. Add the coriander and stir through. Divide between serving bowls.