Lunch, Indian

Sorghum Salad with Kale, Spinach and Sprouts

Cooked sorghum is tossed with kale, spinach, colourful vegetables and alfalfa sprouts in this satisfying salad. A lemony olive oil dressing with garlic and ginger brings everything together, finished with a scatter of roasted pumpkin seeds.



Vegan | Dairy free

25 min	333	48.8 g	17.5 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 1/2 cup soaked and cooked whole jowar (white millet)
- [ ] 1/2 cup kale leaves , torn into pieces
- [ ] 1/4 cup chopped baby spinach
- [ ] 1 cup coloured capsicum cubes
- [ ] 1/2 cup blanched broccoli florets
- [ ] 1/2 cup mushroom (khumbh) cubes
- [ ] 1/4 cup alfalfa sprouts
- [ ] 2 tsp olive oil
- [ ] 1/2 tsp lemon juice
- [ ] 1/4 tsp grated garlic (lehsun)
- [ ] 1/4 tsp grated ginger (adrak)
- [ ] sea salt (khada namak) to taste
- [ ] freshly ground black pepper (kalimirch) to taste
- [ ] 1 tsp roasted pumpkin seeds

Nutrition Facts

Per serving

Calories	**333**
Total fat	11.9 g
Saturated fat	Not listed
Sodium	25 mg
Total carbs	48.8 g
Fiber	9.7 g
Total sugars	17.5 g
Protein	9.9 g

Method

- [ ] **1** Prepare the dressing first by whisking the olive oil with the lemon juice, grated garlic, grated ginger, sea salt and freshly ground black pepper.
- [ ] **2** Combine the cooked whole jowar, kale leaves, chopped baby spinach, coloured capsicum cubes, blanched broccoli florets, mushroom cubes and alfalfa sprouts in a large bowl.
- [ ] **3** Toss everything together well.
- [ ] **4** Pour the prepared dressing over the salad.
- [ ] **5** Just before eating, give the salad a good mix, scatter the roasted pumpkin seeds over the top and toss once more.
- [ ] **6** Serve immediately.

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