



SIMPLE BASMATI RICE, CAULIFLOWER & CHICKPEA SUPERFOOD SALAD

A nourishing, plant-forward salad packed with flavour and goodness. Fluffy basmati rice and protein-rich green lentils form the base, topped with roasted butternut squash, charred cauliflower, and crispy spiced chickpeas for fibre and bite. Fresh cucumber, cherry tomatoes, red onion, chilli, and spinach add crunch and freshness, while coriander and mint lift the dish. Finished with toasted nigella, cumin, and caraway seeds, plus a bright ginger, garlic, and lemon dressing, this is a balanced, satisfying salad designed to fuel and refresh.

 **Prep Time**

15 mins

 **Cook Time**

40 mins

 **Serving Size**

Serves 4

Ingredients

Salad

½ butternut squash
½ cauliflower
50g basmati rice
400g tinned chickpeas
50g green lentils
1 red chilli
½ red onion
1 cucumber

½ bunch coriander
½ bunch mint
25g spinach
200g cherry tomato
Tsp each: nigella seeds, cumin seeds, caraway seeds.
1tbsp Madras curry powder
1tsp ground fenugreek

Dressing

1 tsp chopped ginger
2 cloves garlic
Lemon juice
Extra virgin olive oil
Salt
Pepper

Method

- 1 Cook rice and lentils separately, then chill.
- 2 Toss diced butternut squash with oil, salt, and pepper; roast until tender.
- 3 Roast cauliflower florets until charred but still firm.
- 4 Coat chickpeas with madras powder, ground fenugreek, and oil; roast in oven until crisp.
- 5 Lightly toast nigella, cumin, and caraway seeds in a dry pan.
- 6 Dice cucumber; slice red onions, cherry tomatoes, and red chilli; roughly chop spinach, coriander, and mint.
- 7 Blitz or crush ginger and garlic. Mix with lemon juice, olive oil, salt, and pepper. Adjust seasoning.
- 8 Combine everything in a bowl and finish with the dressing.

