

Spiced Indian Salad with Paneer and Pappadams

Serves up to 30 tastings

Ingredients

- 10 fresh or dry curry leaves
- ½ tsp fenugreek seeds - ground
- 1 tsp mustard seeds
- 2 tablespoons Rapeseed oil
- 2 tablespoons mango chutney
- 2 tablespoons honey
- 3 carrots
- 2 cucumbers
- 2 spring onions
- 20 small lettuce leaves
- 4 chive leaves and other herbs of choice
- ½ lemon juiced
- 8 pappadams
- 1 batch pre prepared paneer (Indian cheese)

Method

1. Add 2 tablespoons of oil into a frying pan on medium heat. Crumble the curry leaves into the pan. Add the ground fenugreek and mustard seeds when the oil is hot.
2. Fry the mustard seeds until they start to pop. Turn heat off and let cool a little. Stir in the mango chutney, lemon juice and salt.
3. Grate the carrots and chop the cucumber. Add to salad bowl.
4. Tear or cut the lettuce into small pieces and add to bowl.
5. Cut the spring onions and herbs finely with scissors and add to the salad.
6. Mix in the spiced dressing mix.
7. Toss carefully. Add more oil or lemon juice if necessary.
8. Puff the pappadams in the microwave for a minute or so.

Share the salad between the four serving plates. Garnish with broken up pappadams and chopped paneer. Serve with tongs.