

Turmeric Cauliflower Salad



Ingredients:

- 1 medium head cauliflower, cut into florets
- 1/4 cup cilantro, diced
- 1/2 a jalapeño, finely diced (use more or less as desired)
- 1/2 tsp fresh ginger, minced or finely diced
- 1/2 tsp ground turmeric
- 1/4 tsp ground fenugreek
- 1/8 tsp ground cardamom
- 1/4 tsp ground cumin
- 1 tbsp olive oil
- Sea salt and black pepper to taste

Directions:

Add the oil and spices to a pan and heat gently, continuously stirring.

After warming, add the cauliflower florets and stir well. Cook until just tender, not soft. You may want to add a tiny bit of water to the pan to prevent sticking as it cooks, depending on your cook ware.

Once the cauliflower is tender, remove from the heat and let cool completely.

Add the jalapeño, cilantro, salt and pepper to the cool cauliflower and stir well. Taste and adjust as desired.

Serve right away at room temperature or place in the fridge to cool further before serving. Alternatively, you can add these extra right after cooking and enjoy it hot but this recipe is wonderful as a salad.

Note: while I usually always recommend coconut oil or water for cooking,. this recipe tastes best with a touch of oil to blend and distribute the spices. And coconut oil hardens at cool temperatures so olive oil works best here.

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