MEXICAN · SIDE

Pickled Grape Salad with Cumin and Mint

10 min · Serves 6 · 87 kcal a serve · Video 3:03 · Pati Jinich

Vegan · Paleo · Gluten-free ingredients · No nuts listed

A juicy, tangy side of grapes, citrus and fresh herbs with olive oil, with no added sugar.

Diet notes: Low saturated fat (0.7 g, 7% of the energy).

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Ingredients 12 · SERVES 6

- [ ] 1 tsp **cumin seeds**, toasted and crushed
- [ ] **Lemon zest**: 1 tsp lime zest and 1 tsp orange zest
- [ ] 2 tbsp **lime juice**
- [ ] 2 tbsp **orange juice**
- [ ] 2 tbsp **olive oil**
- [ ] 1 tsp **kosher or sea salt**
- [ ] **Grapes**: 2 cups Cotton Candy or green seedless grapes, halved
- [ ] 1 **serrano chile**, halved and thinly sliced
- [ ] ½ **red onion**, sliced
- [ ] 1 **rib celery**, thinly sliced
- [ ] ½ cup **cilantro leaves**, roughly chopped
- [ ] ½ cup **fresh mint leaves**, roughly chopped

Allergens found in the listed ingredients: Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toast the cumin seeds in a small dry pan over medium-low heat until fragrant and lightly browned, then crush them. 0:00
2. In a bowl, whisk the lime and orange zest and juice with the olive oil, salt and toasted cumin. 1:02
3. Add the halved grapes and toss so they soak up the dressing. 1:22
4. Add the serrano, red onion, celery, cilantro and mint, toss and leave to macerate for a few minutes before serving. 2:20

Tip Pati serves it like a sweet pico de gallo next to pork, chicken or fish.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
87 kcal	0.7 g	12 g
360 kJ	1% of a day	11 g net · 8.9 g sugars
		4% of a day

FIBRE	FAT	SODIUM
1 g	4.7 g	400 mg
4% of a day	0.7 g saturated	17% of a day
	6% of a day	

Energy from net carbs 50% · protein 3% · fat 47%

Source of (10–19%) Vitamin K 14% · Vitamin C 10%

Recipe and video: Pati Jinich on YouTube — youtube.com/watch?v=E8Ef6HpsXkk. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ensalada-de-uvas-con-comino