INDIAN · SIDE

Kachumber Salad

15 min · Serves 6 · 60 kcal a serve · Video 5:47 · FoodFood

Vegan · Gluten-free ingredients · No nuts listed

Six raw vegetables dressed with tamarind instead of oil: about 60 kcal a serve, rich in vitamin C and a source of vitamins A and K, with only a teaspoon of sugar in the whole bowl.

Diet notes: Low saturated fat (0 g, 0% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 13 · SERVES 6

- [ ] 2 medium **cucumbers**, cut into thin strips
- [ ] 1 medium **white radish** (mooli), cut into thin strips
- [ ] 1 medium **carrot**, cut into thin strips
- [ ] 2 medium **onions**, finely sliced
- [ ] 1 medium **tomato**, deseeded and cut into strips
- [ ] 1 medium **green capsicum**, cut into thin strips
- [ ] **tamarind pulp** for ½ cup tamarind water
- [ ] **water** to make the tamarind water
- [ ] 1 tsp **sugar**
- [ ] ½ tbsp **red chilli powder**
- [ ] 1 **green chilli**, sliced diagonally
- [ ] 1½ tbsp chopped **fresh coriander leaves**
- [ ] **salt** to taste (a reduced-sodium salt was used)

Allergens found in the listed ingredients: none. 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. Strain the tamarind water into a large bowl and stir in the sugar and red chilli powder. 0:48
2. Cut the cucumbers, radish and carrot into thin strips and add them to the bowl. 1:58
3. Finely slice the onions, deseed the tomato and cut it into thin strips, and cut the capsicum into thin strips. Add them all. 2:40
4. Add the diagonally sliced green chilli, the chopped coriander and salt, mix well and transfer to a serving bowl. 3:19

> **Tip** Serves 6 as a side (our estimate). Toss just before serving so the vegetables stay crunchy. Lemon juice can stand in for the tamarind water.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
60 kcal 250 kJ	1.9 g 4% of a day	14 g 11 g net · 7.5 g sugars 5% of a day

FIBRE	FAT	SODIUM
3.1 g 11% of a day	0.4 g 0 g saturated 0% of a day	410 mg 18% of a day

Energy from net carbs 79% · protein 14% · fat 7%

High in (20%+ of a day) Vitamin C 42%

Source of (10–19%) Vitamin K 17% · Vitamin A 15% · Vitamin B6 12%

Recipe and video: FoodFood (@foodfoodindia) on YouTube — youtube.com/watch?v=Cc397XzpvUg, published 2 April 2013. 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/kachumber-salad