

Indian Chopped Salad

<p>Equipment: Chopping board Knives Measuring cups and spoons Grater Small frypan</p>	<p>Ingredients: 1 small handful of fresh or dry curry leaves 1 teaspoon fenugreek seeds 1 teaspoon mustard seeds 3 tbsp. vegetable oil 1 heaped teaspoon mango chutney 4 uncooked poppadums, optional 2 carrots ½ a cucumber 4 spring onions 1 bunch of radishes 2 lettuces 2 big handfuls of ripe cherry tomatoes 1 fresh red chilli 1 bunch of fresh coriander 1 bunch of fresh mint 1 lemon</p>
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What to do:

1. Crumble the curry leaves into a small frying pan on a medium heat. Add the vegetable oil and the fenugreek and mustard seeds.
2. Fry until the mustard seeds start to pop, then stir in the mango chutney. Remove from the heat and leave to cool.
3. Puff up the poppadums by microwaving for a minute or two.
4. Peel and grate the carrots on a large board, then chop and add the cucumber, spring onions, radishes, lettuce, tomatoes and chilli (deseed it first), mixing and chopping as you go. Pick over the herb leaves and give it a good final chop.
5. Pour over the toasted spices, add a squeeze of lemon juice, a pinch of sea salt and mix and chop it all up with your knife. If it's too dry, add extra oil and lemon juice.
6. Serve sprinkled with crunched-up poppadums, and extra dollops of mango chutney, if you fancy.