



BOLLYWOOD SMASH

WITH MANGO CHUTNEY VINAIGRETTE



RECIPE BY URBAN ROOTS YOUTH
CHEF COACHES: KYLE (MAC) MCCLEARY, TWINS
PERFORMANCE KITCHEN & CHEF BECKI RAMIREZ,
MINNESOTA SPORTSERVICE

Makes 8 (generous 1-cup) servings

SALAD INGREDIENTS

1 (15-oz.) can garbanzo beans,
rinsed & drained
4 cups chopped cauliflower
2 Tbsp. olive oil
1 tsp. curry powder
½ tsp. salt
¾ cup uncooked sorghum grain
1 cup shredded carrot
1 cup chopped bok choy (leaves and stems)
1 cup shredded red cabbage
½ cup torn fresh mint leaves

½ cup golden raisins
8 cups mixed baby salad greens

DRESSING INGREDIENTS

½ cup olive oil
¼ cup cider vinegar
¼ cup Major Grey's mango chutney
½ tsp. finely chopped garlic
½ tsp. curry powder
½ tsp. salt

TOPPER

½ cup roasted & salted sunflower seeds

DIRECTIONS

1. Heat oven to 400-degrees. Toss the garbanzo beans and cauliflower with 2 tablespoons oil, curry powder, and ½ teaspoon salt in a large bowl until well coated.
2. Spread in an even layer on a parchment-lined rimmed baking sheet. Roast for about 20 minutes or until cauliflower is golden and tender. Let cool.
3. Meanwhile, cook sorghum according to package directions. Remove from heat; let cool.
4. Mix the remaining salad ingredients, except the greens, in a large bowl. Stir in the cooked sorghum, cauliflower and beans.
5. To make the dressing, process all the dressing ingredients in a blender until smooth.
6. Spoon the sorghum-vegetable mixture over the greens. Drizzle with dressing and sprinkle with sunflower seeds.