

# Creamy Spinach Curry Salad



Isn't it supposed to start warming up by now?

We're having some very cold weather in the UK right now (colder than normal) and i'm really feeling it! Probably because the heating in my flat is rubbish – does anyone know how night storage heaters *actually* work?

Think i'm going to need a trip to Argos to invest in a portable electric one. At least it's not snowing where I am, it's been beautiful sunshine every morning when I look out over the Church from my bedroom window, but that sight just hasn't distracted me from the coldness.

So in my quest to warm myself up, I thought of putting together a warming recipe. I've made Spinach Masala on the basis that the spices will have a warming effect on me...errrrr, it didn't work, ahem, but it does taste good, so here's the recipe! :)

## Spinach Masala

Prep time 25 mins

Difficulty \*(1 star) [Click here for scale](#)

9 ozs (250g) spinach  
1 teaspoon Himalayan salt  
1/8 cup onion, diced  
2 garlic cloves, crushed

- 2 teaspoons minced fresh ginger
- 2 teaspoons mustard seeds
- 2 teaspoons ground cumin
- 1 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1 tablespoon garam masala
- 1 cup fresh coriander, roughly chopped
- 1 cup diced mango
- 1/2 cup raisins
- 1 teaspoon lemon juice
- 2 teaspoons macadamia oil (or substitute with olive oil)
- 2 cups cashew or macadamia nuts
- 1 cup water
- 2 teaspoons agave
- 2 teaspoons tamari

## Method

- Wash 'n' chop the spinach then in a large bowl mix the spinach, lemon juice, salt and oil. Massage with your hands until the spinach becomes soft and creamy.
- Add the mango, raisins, mustard seeds, onion and fresh coriander and mix again.
- Next we need to make some sauce so put the remaining ingredients in a VitaMix or high speed blender and process until smooth. You may need to add more water to the mixture to get it to the consistency of yoghurt.
- Mix the sauce in with the spinach and you're done! This also tastes great if you put it in the dehydrator for an hour at 115 degrees.

*Remember to wash your blender straight away by filling it half way with water, add a little washing up liquid and blend for a few seconds. This is a good habit to get into but will also stop your smoothie tasting of curry the next day!*

In the end, to get myself back to room temperature I put on a second jumper and had a pot of lemon and ginger tea. I had this tea when I was in Thailand, you make it very simply with a few slices of lemon and a few slices of ginger, both in a pot with some hot water. You can then sweeten it with your favourite sweetener, such as honey.

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