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Curried Red Lentil Kohlrabi and Couscous Salad ♦

This Curried Red Lentil Kohlrabi and Couscous Salad is a flavorful and nutritious vegetarian dish. It combines red lentils, kohlrabi, and couscous with a delicious curry dressing. The salad is packed with protein, fiber, and vitamins, making it a healthy and satisfying meal option. It can be enjoyed as a main course or as a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Red Lentils
200 g	Kohlrabi
100 g	Couscous
2 tsp	curry powder

2 tbsp	lemon juice
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper
20 g	Cilantro

Directions

Step 1

Boiling

Cook the red lentils according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Cutting

Peel and dice the kohlrabi into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Boiling

Prepare the couscous according to package instructions. Fluff with a fork.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

In a small bowl, whisk together the curry powder, lemon juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a large mixing bowl, combine the cooked red lentils, diced kohlrabi, and prepared couscous. Pour the dressing over the salad and toss to coat evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Garnishing

Garnish with chopped cilantro and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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