

# Curried Cauliflower and Farro Salad

Source: [saltmoore.com](http://saltmoore.com)

## Ingredients

2 cups cooked farro  
1 head cauliflower, chopped into florets  
1 onion  
2 tablespoons olive oil  
1 tablespoon curry powder  
salt to taste  
4 cups loosely packed spinach  
juice of 1 lemon  
1/4 cup olive oil  
1/2 shallot, diced  
2 tablespoons fresh parsley, minced  
1/2 fresno chili, minced

## Directions

1. In a small bowl, combine the sambal oelek, through the balsamic vinegar. Whisk until the sugar is dissolved and set aside.
2. Add the beef to a large, nonstick skillet and cook over medium heat until browned, about 5 minutes. Add the onion and shallot and cook until soft, about 5 minutes. Add the garlic and ginger, stirring until fragrant - about 30 seconds. Add the sambal mixture and stir well.
3. Meanwhile, cook the pasta as instructed on the box. Reserving some of the pasta water before draining. Add the cooked pasta to the beef mixture and toss until well mixed. If necessary, use the reserved pasta water to thin out the sauce so it coats everything.
4. Cover the noodles and cook over medium-low heat for 3 minutes. To serve, sprinkle sesame seeds and cilantro.