

Cucumber Raita



Ingredients

- 1 tsp cumin seeds
- 375 g plain yogurt
- 1/2 cucumber
- 1 fresh red or green chili without the seeds
- 2 scallions
- 1 handful of fresh coriander
- 1 handful of fresh mint
- salt
- jalapeño tabasco (green pepper sauce)



1. Toast cumin in a pan without fat over medium heat. Let cool.

2. Whip up yogurt in a serving bowl, use 2-3 tbsp of water, if too thick.



3. Peel and cut cucumber into small pieces. Chop chili, scallions, coriander and mint.



4. Add all together with cumin to the yogurt, mix well and season with salt and tabasco. Chill 10-20 minutes before serving.



Special Note

★ To: salad or other vegetables, Chickpea Curry