

Raita

Indian · Side Dish · Easy · 5 min total · Serves 4

Cooling yogurt side dish with cucumber and mint. Perfect with spicy curries.

Ingredients

- 2 cups plain yogurt
- 0.5 grated cucumber
- 2 tbsp mint (chopped)
- 0.5 tsp cumin (roasted, ground)
- 0.5 tsp salt
- 0.25 tsp cayenne (for garnish)

Method

1. Whisk yogurt until smooth.
2. Fold in cucumber, mint, cumin, salt.
3. Chill 30 min. Garnish with cayenne.

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