



Tomato Cucumber Raita

Raitas are yogurt salads, which are served with Indian meals as a cooling element to balance heat of spicy curries or dals. They can be made using many vegetable combinations, but this is our favourite.

Ingredients:

1 tsp lemon or lime juice

2 tsp Delhi Chat Masala (you can also use Punjabi Garam Masala for a different profile)

Salt to taste

2 medium tomatoes, diced in small cubes (1/2 inch)

2 Lebanese or Persian cucumbers, peeled and diced in small cubes (1/2 inch)

2 green onions, sliced

2 TBL cilantro, chopped fine

2 cups plain whole yogurt

Spices Used: Delhi Chat Masala Punjabi Garam Masala

Instructions:

Put everything except yoghurt in a bowl and toss well until vegetables are coated.

Pour in the yogurt and stir together. Refrigerate for at least 30 minutes for flavours to blend.