



Raita is often thought of as just a condiment or sauce, but is a versatile yogurt and vegetable side dish! You can use a mix of vegetables, or just stick to one type!



INGREDIENTS

1-2 cups mixed vegetables - diced, sliced or grated - *cucumber, carrot, tomato, peppers, cooked spinach, cooked beetroot.*

1/2 cup diced onion - *This could be spring onions, shallots, red or white onions.*

2 cups greek yoghurt

1 green chilli - sliced (*optional*)

1/2 cup fresh herbs - mint, basil, parsley, coriander, dill

1/2 tbsp cumin - whole



METHOD

1. Combine all the ingredients except for the cumin in a bowl and stir together to combine. Season with salt.
2. Heat a small frying pan with no oil, and toast the cumin seeds. Go carefully and don't let them burn!
3. Grind the cumin seeds in a mortar and pestle or spice grinder and sprinkle the powder over the raita.
4. Serve with poppadoms, nans, kebabs or pakoras - or just with dal as a traditional vegetable accompaniment.

Here are our favourite combinations - try them and find yours!
Basil, Cucumber & Shallot | Tomato, Red Onion and Coriander
Aubergine, Dill, Pomegranate and Saffron | Carrot, Chilli and Mint

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