



Royal Raita with Radish and Mint

Difficulty
Intermediate

Serves
4-6



Ingredients

- 1 tsp cumin seeds
- 35g (1½ oz) unsalted peanuts, roughly chopped (optional)
- 400g (14oz) natural yoghurt
- 75g (3oz), radish, chopped
- ½ green chilli, chopped (optional)
- Juice of half a lime
- Pinch of black pepper and salt, to taste
- Pinch of sugar, to taste
- ½ tbsp fresh mint, chopped

Instructions

1. Heat a frying pan on a low heat, add the cumin seeds and peanuts and stir to prevent them from burning. After a few minutes they will begin to turn a golden brown colour. Remove from the heat and crush coarsely using a pestle and mortar.
2. Mix all the ingredients together in a bowl, including the roasted cumin seeds and peanuts. Check the seasoning and adjust the salt, black pepper and sugar to taste. Garnish with freshly chopped mint and serve chilled.

Anjali's Tip: If you prefer your dishes less spicy then deseed the chilli before chopping.

