



# Vegetable Raita (Savory Yogurt)



**Serving**  
20



**Prep**  
20–30 Minutes



**Contributor**  
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- 3 ¼ cups Plain yogurt 1% milk fat (full container) 750 g
- 1 Large English cucumber
- 1 Medium red onion
- 1 Small Roma tomato
- ¼ cup Coriander leaves
- ¾ tbsp Coriander powder
- 1 tbsp Cumin powder
- ¼ tsp Salt to taste

1. Dice cucumber, onion and tomato. Chop coriander leaves.
2. Stir yogurt and add the coriander powder, cumin powder and salt.
3. Mix the vegetables from Step 1 into the stirred yogurt. Serve cold.

### **Variation**

*This dish is a side and can be enjoyed with rice, flatbread, roti or paratha. The spices added above can be adjusted to taste.*



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