

Cucumber and minth indian raita

Recipe for 4 persons

Description

Indian speciality based on yogurt, cucumber, minth and garlic.

Ingredients

For the raita

- 500 Ml Greek yogurt
- 0.50 Unit(s) Cucumber
- 2 Clove(s) Garlic
- 0.50 Bunch(es) Mint
- 5 Ml Chili flakes

- Olive oil
- Salt and pepper

Preparation

- Preparation time **30.00 mins**

For the raita

Put the yogurt in a tamis to strain it. Peel, empty and dice the cucumber, put it in a strainer with some salt and let it seat for 15 minutes to get the extra water off. Pick the mint and chop the leaves. Chop the garlic. In a bowl, mix all the ingredients together, finish with a drizzle of oliv oil.

Bon appétit!