

mint raita

preparation time: 20 minutes
Cooking time: 0 minutes
chilli rating: mild

difficulty Level: easy
Serves: 4/6

ingredients

¼ bunch fresh mint leaves,
chopped

¼ bunch fresh coriander leaves,
chopped

½ tbsp fresh ginger, crushed

½ tbsp fresh green chillies,
roughly chopped

600 ml full-fat yoghurt (see Ajoy's
tips)

salt, to taste

method

Place the chopped mint and coriander leaves, crushed ginger and chopped chillies in a blender and grind to a fine paste. (See Ajoy's tips.)

Add the yoghurt and salt and blend once again until all the ingredients are mixed together.

Check the seasoning and serve as an accompaniment with your main meal, particularly if it is rich or spicy. *Mint raita* goes particularly well with the *dum ke kebab* chicken recipe (see *Chicken*).

Ajoy's tips

If you don't have a blender you can mix to a paste with a pestle and mortar.

Raitas use a yoghurt base which is then whisked. You can use either full-fat or reduced-fat yoghurt, as you prefer.