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Recipe Name: Spicy Curd Recipe - Spicy Curd With Onions

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Description

Spicy Curd with Onions is a revitalizing and savory yogurt-based accompaniment blended with crunchy diced onions, grated carrot, fresh cucumber, and sharp green chilies. Infused with aromatic roasted cumin and red chili heat, it provides a cooling counterpoint to rich, spicy curries. This vibrant dish is served chilled or at room temperature alongside flatbreads, rice dishes, or spicy entrees.
[PROS]
- Rich source of probiotics that support a healthy gut microbiome and aid digestion
- Low-glycemic and nutrient-dense, providing bioavailable calcium and dietary fiber
- Hydrating vegetables like cucumber and carrot offer essential vitamins A and C
[CONS]
- Raw onions and spicy chilies may trigger heartburn or gastrointestinal distress in sensitive individuals
- Unsuitable for individuals with dairy allergies or severe lactose intolerance
[DIETITIAN REVIEW]
Spicy Curd with Onions is an exceptional, digestion-friendly side dish that pairs high-quality dairy protein and gut-nourishing active cultures with fiber-rich raw vegetables. Its minimal fat content and low glycemic index make it ideal for weight management and metabolic health. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Curd (plain yogurt)	1 cup
• Onion	1, finely chopped
• Cucumber	1, finely chopped
• Carrot	1, grated
• Green chili	2, finely chopped
• Cumin seeds	1 tsp
• Cumin powder	1/2 tsp
• Red chili powder	1 tsp
• Vegetable oil	1 tsp

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• Fresh coriander leaves	a little, finely chopped

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• Salt	to taste

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• Water	as per use

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Preparation

• 1.

• Whisk the curd in a mixing bowl until smooth and creamy, adding a small amount of water if needed to adjust to the desired consistency.

• 2.

• Add the chopped onion, cucumber, grated carrot, green chilies, cumin powder, red chili powder, and salt, mixing thoroughly to combine.

• 3.

• Heat the vegetable oil in a small tadka pan over medium heat, add the cumin seeds, and allow them to crackle and turn golden brown.

• 4.

• Pour the hot tempered cumin seeds and oil directly into the prepared curd mixture and stir gently.

• 5.

• Garnish with fresh coriander leaves and serve chilled or fresh alongside your main meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	10	7	8	1	5