

Recipe Name: Spicy Curd Recipe - Spicy Curd With Onions

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• Water - as per use	2
• 1 cup curd	
• 1 carrot - tighten	
• 1 cucumber - chop	
• salt - according to taste	
• 1 teaspoon oil	
• coriander leaves - a little	
• 1/2 teaspoon cumin seeds - make a powder	
• 1 Teaspoon red chilli powder	
• 1 teaspoon cumin seeds	
• 1 onion - finely chopped	
• 1 green chili - finely chopped	

Preparation

- To make Tadka Raita, firstly take yogurt in a big bowl.
- Add some water and salt and beat it well.
- Keep it aside.
- Now heat oil in a tempering pan.
- Add cumin seeds, green chilies and red chili powder.
- After 10 seconds, add onions and cook till they become s.

Macronutrients

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