

Recipe Name: Carrot Tadka Raita Recipe- Crunchy Grated Carrot In Yogurt

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups Curd (Dahi / Yogurt)	2
• 2 Carrots (Gajjar) - grated	
• 1 tablespoon Coriander (Dhania) Leaves	
• 1 tablespoon Mint Leaves (Pudina)	
• 1 Green Chilli - finely chopped	
• 1/2 teaspoon Black Salt (Kala Namak)	
• 1/2 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• 1/2 teaspoon Sunflower Oil	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 3 cloves Garlic - finely chopped	
• 1 pinch Asafoetida (hing)	

Preparation

- To begin making the Carrot Tadka Raita Recipe, in a mixing bowl, combine yogurt, black salt, cumin powder, salt to taste and whisk well until smooth.
- Once done add coriander leaves, mint leaves, green chillies and grated carrots to the whisked curd.
- Mix well to combine and keep it aside.
- To make the tadka, heat oil in a pan on medium heat, add the cumin seeds, asafoetida and chopped garlic, and saute until the garlic is golden brown in colour.
- Turn off the heat once done.
- Pour the tadka over the carrot raita and serve chilled.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	5	20	7	3	6

