

Recipe Name: Raw Banana Raita Recipe

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Curd (Dahi / Yogurt)	4
• 1 Raw Banana	
• 1 teaspoon Cumin powder (Jeera) - roasted	
• 1/2 teaspoon Ginger - grated	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon White Urad Dal (Whole)	
• 1 Dry Red Chilli	
• 1 sprig Curry leaves	
• Salt - to taste	

Preparation

- Once it is cooked, peel the skin, grate it using a fine grater and keep aside.
- Add the yogurt to a big bowl and whisk it into a creamy consistency.
- To this add the grated plantain or the raw banana, grated ginger, cumin powder, salt and mix well.
- Now heat oil in a small tadka pan, add mustard seeds, urad dal and let it crackle.
- Add the red chilli and curry leaves and let it splutter.
- Pour this tadka over the raita and sprinkle a pinch of cumin powder on top.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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