

Recipe Name: Tomato Onion Cucumber Raita (Recipe In Hindi)

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Hung curd - whisk	3
• 2 cucumber - peel and chop	
• 2 tomatoes - finely chopped	
• 2 green chillies - finely chopped	
• 1 teaspoon cumin powder	
• 1 teaspoon oil	
• 1/2 teaspoon mustard	
• salt - According to taste	

Preparation

- To make tomato onion and cucumber raita, first cut the sari vegetables and keep them separately.
- Now beat curd in a bowl and add salt, cumin powder, chopped vegetables and mix.
- Now we will put a temper on it.
- Take a Tadka Pen and add mustard and let it cook for 10 seconds.
- Now put it in Tadka Raita, mix and serve.
- Serve tomato onion and cucumber raita along with dal fry, gourd elder greens and phulka for the day's dinner.

Macronutrients

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