

Red Onion Raita

Cool creamy salad onions with a touch of herbs and spices. From India¹.

This is an adaptation of a recipe by "*Meatless Monday*".

Ingredients

- 1 small to medium sharp red salad onion
- fresh or dried mint
- pinch chilli powder
- big pinch ground cumin
- 15 ml Zaytoun **FAIRTRADE** olive oil
- 100 ml greek yoghurt
- pinch salt and pepper

Method

Skin the onion and chop very fine. Place the chopped onions into a small glass presentation dish.

For fresh mint, pick the herbs, wash and chop, and put them with the chopped onion. Alternatively, sprinkle the onions with a teaspoon of dried mint.

Sprinkle on the ground cumin.

Add the olive oil and stir to coat the onions evenly.

Add the yoghurt and mix round.

Season with a little salt and pepper as desired.

Chill for 30 minutes or longer.

Serve

Serve chilled as a side dish with rainbow salad² or as a complement to heavily spiced Asian food.

¹<http://www.fairtradecookbook.org.uk/countries/india.htm>

²http://www.fairtradecookbook.org.uk/recipes/rainbow_salad.htm