Snack, Indian

Chilled Cucumber and Mint Curd Dip

A thick, cooling dip made with hung curds and grated cucumber, brightened with mint, coriander and gentle spices. No cooking is needed, just an hour in the fridge before serving it chilled with carrot slices or crackers.



Vegetarian

70 min	203	11.6 g	9.1 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1/2 cup grated cucumber
- [ ] 1 cup hung curds (chakka dahi)
- [ ] 2 tbsp finely chopped mint leaves (phudina)
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] 1/4 tsp cumin seeds (jeera) powder
- [ ] 1/2 tsp garlic (lehsun) paste
- [ ] 1/2 tsp finely chopped green chillies
- [ ] salt (namak) to taste
- [ ] sliced carrots for dipping
- [ ] cream cracker biscuit

Method

- [ ] **1** Add the hung curds (chakka dahi) to a deep bowl, then stir in the 1/2 cup grated cucumber, the finely chopped mint leaves (phudina) and the finely chopped coriander (dhania).
- [ ] **2** Mix in the cumin seeds (jeera) powder, the garlic (lehsun) paste, the finely chopped green chillies and salt (namak) to taste.
- [ ] **3** Combine everything well until the dip is smooth and evenly blended.
- [ ] **4** Refrigerate the dip for at least 1 hour.
- [ ] **5** Serve the cucumber dip chilled with sliced carrots for dipping or with a cream cracker biscuit.

Nutrition Facts

Per serving

Calories	**203**
Total fat	13.1 g
Saturated fat	Not listed
Sodium	44 mg
Total carbs	11.6 g
Fiber	1.4 g
Total sugars	9.1 g
Protein	9.1 g

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