



## Holly's Indian Style Yogurt Cucumber Salad

### Ingredients

- 1 large English cucumber, or two standard ones, peeled and de-seeded to decrease the moisture and bitterness
- 1 tablespoon chopped red onion
- 1 tablespoon fine chopped or shredded carrot
- 1 teaspoon roasted whole cumin, cooled
- Juice of 1/2 lemon
- 1/4 cup chopped fresh mint (dried mint ok, better fresh)
- 1/4 cup chopped cilantro
- Salt, fresh ground black pepper, pinch of cayenne, to taste
- 1 cup yogurt, with whey poured off (if you see any)
  - \*Middle eastern variant is to add dill and mint and omit cilantro. Can add in chopped tomato without seeds

### Instructions

1. Peel and de-seed cucumber and finely chop or shred.
2. Place cucumbers in mixing bowl and squeeze fresh lemon over cucumbers and toss.
3. Then add carrots, onions and the salt, pepper and cayenne. Toss.
4. Add in the yogurt, toss to coat and then the mint and cilantro and stir lightly to mix.
5. Transfer into bowl and sprinkle paprika and a little mint for garnish.

Delicious with basmati rice and grilled fish, middle eastern food or Indian food.