

Spinach Raita

Spinach raita is a refreshing yogurt-based dish made with spiced spinach and yogurt. By adjusting its thickness, you can also serve spinach raita as a sandwich spread or as a dip for fresh veggies. Spinach raita tastes delicious any way you serve it.

- 5 cups chopped spinach, stems removed
- 2 Tbsp canola oil
- 1 Tbsp cumin seeds
- Big pinch of asafetida (hing)
- 2 whole red chilli
- 2 teaspoons black pepper
- 1 teaspoon salt (adjust to taste)
- 5 cups yoghurt

Method:

1. Heat the oil in a saucepan on medium high heat. Test the heat by adding one cumin seed to the oil; if seed cracks right away, oil is ready.
2. Add the asafetida and cumin seeds. After the cumin seeds crack, add red chillies stir-fry for few seconds.
3. Add spinach, salt, and black pepper and stir-fry, pressing the spinach down to allow most of the water to evaporate but still leaving the spinach moist.
4. After the spinach cools off, mix it well into the yogurt.
5. Add milk to the raita about half a cup adjust to the desire consistency.
6. For best result serve chill.

Variations:

1. Spinach raita also can be served as a spread with bread or crackers keep the consistency thick do not need to add any milk.
2. To serve as a dip add about ¼ cup of milk but keep thicker then raita.

Serving suggestion:

Serve over plain rice or as a side dish with any meal.

