

Tomato Cucumber Indian Salad

Serves 8

Complements the chicken curry



Ingredients

- 6 well-flavoured tomatoes, diced
 - 1 cucumber, peeled, deseeded and diced
 - 4 radishes, sliced
 - 1 small red onion, very finely sliced
 - 8 mint leaves, torn
 - 1 small green chilli, halved, deseeded and very finely chopped
- Dressing:**
- 1 cup plain natural yogurt
 - 2 Tbsp lemon or lime juice
 - 1 Tbsp of oil
 - 1 Tbsp honey, warmed up
 - 1 tsp cumin powder

Method

Place all the prepared salad ingredients in a good size mixing bowl.

Dressing:

1. Heat up a frying-pan and add oil.
 2. Sprinkle cumin powder into the warm pan, continuously moving the spice around the pan for about a minute on the gentle heat (don't burn). You should be able to smell the aroma of the cumin when the spice is ready.
 3. Place the toasted spice in a small dressing mixing bowl.
 4. Warm the honey in the microwave for about 10 seconds, then add to the spice in the bowl and mix well.
 5. Add the lemon juice and mix well.
 6. Add the yoghurt and continue to mix combining into a smooth dressing.
 7. Gently toss the dressing through the salad. Don't over mix salads as this makes them watery.
 8. Place the salad in to a serving bowl or place onto plates.
 9. Serve with the curry chicken recipe.
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