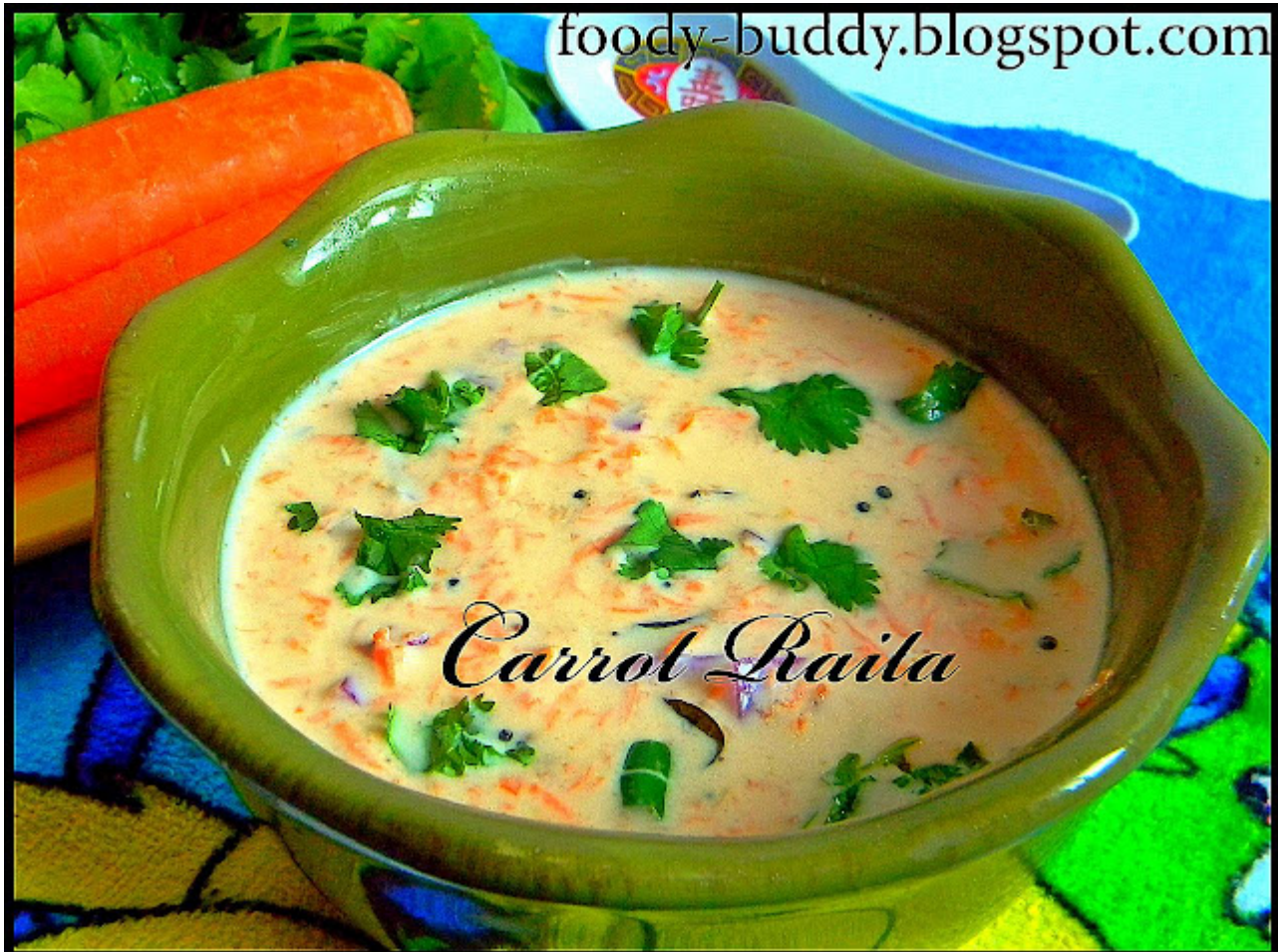


# Carrot Raita recipe- How to make carrot raita



*Carrot Raita is a yogurt based condiment made with carrots, thick curd/yogurt, chopped onion, green chillies, cumin powder, tempering items and salt. This is a simple, more colorful and creamy dish which tastes really great with spicy pulao like [beetroot pulao](#), [tomato rice](#) etc. This bright colored, cool dish also compliments [paratha](#) or [chapathi](#).*

## **Ingredients**

- 2 Cups of Thick Yogurt / Curd**
- 2 Medium Size Carrots**

**1/2 Cup of Red Onion, Finely Chopped**  
**1 Green Chilly, Finely Chopped**  
**1/4 Tsp of Roasted Cumin Powder**  
**Salt to taste**

#### **To Temper**

**2 Tsp of Oil**  
**1 Tsp of Mustard**  
**1 Tsp of Urad Dal**  
**Few Curry Leaves**

#### **To Garnish**

**Few Cilantro Leaves**

#### **Method**

- **Wash and grate the carrots and keep it aside.**
- **Take a bowl with yogurt and beat the yogurt to get a smooth and creamy consistency.**
- **Add grated carrots, chopped onion, chopped green chilly, roasted cumin powder and salt to the yogurt. Mix well.**
- **Heat a pan with oil, add mustard, urad dal and curry leaves, after they splutter, add this tempering items to a bowl containing yogurt.**
- **Finally check the salt and garnish it with cilantro leaves.**



### Tips

- Serve this raita for [beetroot pulao](#) or [tomato rice](#) or any spicy pulao or [paratha](#).
- You can add more green chilly, if you want more spicy side.
- You can also add pepper, if you want.

### Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

# *Carrot Raita*



[foodv-buddy.blogspot.com](http://foodv-buddy.blogspot.com)