

## Recipe

### Tomato Yogurt Salad

## By

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## Ingredients

- 500 ml yogurt
- 1½ Tsp salt
- 1 Tsp sugar
- 3 tomatoes, diced into 1 cm cubes
- 1 Tsp oil
- ¾ Tsp black mustard seeds
- 1 Tsp cumin seeds
- 2 green chilies, chopped
- ¼ Tsp yellow asafetida powder
- 7-8 fresh curry leaves
- 2 Tbsp chopped fresh coriander leaves

## Preparation

1. In a bowl, whisk the yogurt until smooth. Add the salt, sugar and tomatoes, combine well.
2. Heat oil in a small pan over moderate heat. Add the mustard seeds, when they splutter, add the cumin and sauté until they darken a few shades. Add the chilies and asafetida and stir fry a moment. Drop in the curry leaves and coriander leaves. Saute for 20 seconds and add to the yogurt prepared.

## Serves

Four-Five

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