

INDIAN CUCUMBER SALAD (Khamang kakdi)

- 1 Telegraph cucumber or 4 Lebanese cucumbers, diced
- 1 green chilli, finely chopped*
- 4 teaspoons lemon juice
- 1/2 teaspoon organic sugar
- 100g roasted peanuts, roughly crushed
- 60g fresh coconut, finely chopped**
- 2 tablespoons fresh coriander, chopped
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1 teaspoon black mustard seeds
- 1/2 teaspoon cumin seeds



Put the cucumber, chilli, lemon juice and sugar in a bowl. Stir well to combine.

Sprinkle the roasted peanuts and coconut over the cucumber and lightly combine.

Heat the oil in a small frying pan. When the oil is hot, add the mustard seeds, which should immediately start to pop. Now add the cumin seeds. Fry for another 30 seconds or so. Turn off the heat.

Pour the spiced oil over the salad and toss again.

Check the seasoning. Adjust salt or sugar to suit your taste.

*If you're not sure about cooking with chilli, just add a small amount at first and adjust according to your taste. Remove the seeds and the inner membrane carefully and take care not to touch your eyes for a while after cutting chilli.

**Supermarkets sell coconuts primarily for their water. After drilling a hole in the coconut and pouring off the water, use a hammer to smash the coconut and you'll find a small amount of flesh which is just the right amount of coconut needed for this recipe.

www.organicediblegarden.co.nz

©Organic Edible Garden 2015