

Pomegranate Raita

400ml natural yoghurt
1 Small pomegranate
handful of chopped fresh coriander
1tsp dry roasted cumin seeds
salt and freshly ground pepper to season
1 finely chopped chilli (optional)

Mix together the yoghurt, most of the pomegranate seeds and coriander in a bowl. Season with salt, lots of black pepper, the cumin seeds and chilli. Garnish with a handful of pomegranate seeds and a few coriander leaves. Serve immediately or chill. Delicious with any meal or as a dip with naan and Indian savouries.