



RECIPE | CUCUMBERS

PICKLED CUCUMBER ACHAAR



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Recipe created by Tanya Anurag



12 min

10 min | **2 min**
PREP | COOKING



4



easy

INGREDIENTS

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1 cup** plain yogurt
- 1 tbsp** lemon juice
- 1 tbsp** olive oil
- ½ tsp** sesame seeds, dry roasted
- ¼ tsp** turmeric powder
- ¼ tsp** red chili powder

- ¼ tsp** fenugreek seeds
- ¼ tsp** salt
- Mint, for garnish
- Sesame seeds, for garnish
- Pita Chips, optional for serving

DIRECTIONS

- 1** Set aside ¼ cup of sliced cucumbers.
- 2** In a bowl, whisk plain yogurt with salt, turmeric, red chili powder, sesame seeds, lemon juice, and cucumbers.
- 3** Heat olive oil in a small pan over medium heat and fry fenugreek seeds until they crackle.
- 4** Add fried seeds and oil to the yogurt cucumber mixture.
- 5** Garnish with cucumber slices, sesame seeds, and mint. Serve with pita chips.

Pro Tip: For optimal flavor, let this dish set in the fridge for an hour before serving.