

Be Inspired By Cobertal

Maast-o Khiar (Persian Cucumber & Mint Yogurt)

Yoghurt and rice are natural companions and, given that rice appears at virtually all Persian meals, so does yoghurt. At its simplest it's a bowl of thick, tangy natural yoghurt, but it's also often maast-o khiar, which is a little reminiscent of Greek tzatziki and Indian raita.

Serves 2-4 as a side dish



INGREDIENTS

- ¾ cup thick natural yoghurt
- · Salt flakes, to taste
- ½ teaspoon dried mint, plus extra for sprinkling
- 1 Lebanese cucumber, finely chopped
- A few dried rose petals, for garnish (optional)

METHOD

- 1. Place yoghurt and salt in a mixing bowl.
- 2. Add dried mint, rubbing it between your hands to crush it.
- 3. Mix to combine well and loosen up the yoghurt.
- 4. Stir through the cucumber.
- 5. Transfer to a serving dish.
- 6. Sprinkle with rose petals (if using) and a little more dried mint.
- 7. Cover and refrigerate until needed.