



Maast-o Khair (Persian Cucumber & Mint Yoghurt)

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 khair, which is a little reminiscent of Greek tzatziki and Indian raita.

Serves 2–4 as a side dish



INGREDIENTS

- $\frac{3}{4}$ cup thick natural yoghurt
- Salt flakes, to taste
- $\frac{1}{2}$ 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.