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Serving: 1 Veg

Ingredients

- -1/3 cup thick chilled yoghurt
- -1/4 cup chopped spring onions (whites and greens)
- $-\frac{1}{4}$ tsp chopped garlic
- $-\frac{1}{4}$ tsp chopped green chillies
- -A pinch of cumin (jeera) powder
- $-\frac{1}{4}$ tsp sugar
- -1/4 tsp mustard (rai) powder
- -Salt to taste

Preparation Method

• - Combine all the ingredients together, mix them well and serve.