

Cucumber & Mint Raita



Serves 4

Ingredients

- 250ml/8fl oz natural yoghurt
- ½ cucumber
- large handful mint leaves
- large pinch salt

Tip: *To keep the consistency thick, be sure to remove as much excess water from the cucumber as possible.*

Method

Lay a clean tea towel neatly inside a large bowl. Coarsely grate the cucumber onto the tea towel. Gather up the corners and sides of the tea towel with the grated cucumber inside and twist and squeeze out the excess water into the bowl. Discard the juices. You'll now be left with the partially dried out cucumber.

Put the yoghurt into a bowl and add the grated cucumber.

Chop the mint leaves and add to the yoghurt and cucumber along with the salt

Mix all the ingredients together and serve chilled as an accompaniment to spicy Indian food or as a dip for poppadoms.