

## Raita (serves 4)

When things are getting spicy this tasty side dish helps to cool you down. Cucumbers are around 90% water so scooping out the seeds before grating ensures that your raita isn't overly wet.

### Ingredients:

1/2 cucumber  
1 clove garlic  
½ lemon  
**150ml natural yogurt**  
5g fresh mint or 1 tsp. mint sauce

### Equipment:

Mixing Bowl  
Grater  
Sharp knife  
Fork  
Spoon

### Instructions:

1. Slice the cucumber in half lengthways and scoop out the seeds using a spoon
2. Coarsely grate the cucumber and place in the mixing bowl
3. Finely chop the garlic and add to the cucumber
4. Squeeze the juice from the lemon into the cucumber and garlic
5. Separate the mint leaves from the stalks and chop in a cup with scissors and add to the bowl or add the mint sauce. Stir to combine.
6. Tip in the yogurt and give a final mix before serving alongside your favourite curry or chilli dishes

**ALLERGENS HIGHLIGHTED IN BOLD**

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