

Cucumber Raita

This is a great side dip perfect for cooling down all those hot and spicy dishes. With just a few ingredients, it's ready in minutes, providing a refreshing and flavourful finish to your meal.

Ingredients

1 cucumber, grated
salt
400g natural yoghurt
2 tbsp whole milk
12 mint leaves, finely chopped
 $\frac{1}{2}$ tsp ground cumin

Method

- Place the cucumber in a large bowl. Add a pinch of salt and set aside.
- Mix the yoghurt, milk, mint leaves, ground cumin, in a large bowl. Add $\frac{1}{4}$ tsp salt and mix well.
- Take a handful of cucumber and squeeze to remove any excess moisture. Add to the yoghurt mixture and repeat with the remaining cucumber. Mix well.
- Serve with a sprinkle of ground cumin to garnish.