

Cucumber and Carrot Raita

This is a great side dish for curries and other spicy dishes. It is fresh and cooling, so it soothes the mouth after eating a hot dish. I also like to serve it as a dip with flatbread.

Ingredients

1 cucumber peeled, deseeded and chopped

1 carrot peeled and grated - excess liquid to be squeezed out.

1 tablespoon chopped mint

1 cup yoghurt

1 teaspoon salt

Method

1. Measure out yoghurt and place in a small mixing bowl.
2. Peel and cut the carrot length way. Use a spoon to scoop out the seeds and chop. Add to the yoghurt mixture
3. Peel and grate the carrot add to the yoghurt mixture
4. Wash and chop the mint add to the yoghurt mixture
5. Serve with flat bread or vegetable sticks.

