

# Cucumber and Mint Raita

**Serves: 4**

**From the Garden:** cucumber, mint

## **Ingredients:**

small cucumber  
3 tbsp mint  
300 ml greek yoghurt  
1/4 tsp cumin seeds  
ground chilli powder  
Sea salt and freshly ground black pepper

## **Equipment:**

Basic toolbox, box grater, chopping board, black-steel frying pan, mortar and pestle

## **Method:**

1. Wash and dry cucumber and mint thoroughly.
2. Peel the cucumber and discard peel. Grate cucumber with a box grater on the coarse side. Do this over a bowl to catch the shredded cucumber.
3. With clean hands, take small amounts of the cucumber and squeeze all the excess moisture from it. Place the dry cucumber into a clean bowl.
4. Roll up the mint leaves and cut into a fine chiffonnade.
5. Place the frying pan on medium heat. Add the cumin seeds and cook until they change colour. **\*Remove pan from heat and tip the seeds into a small bowl.\***
6. Place the seeds into a mortar and pestle and gently grind into a powder. Add this to the cucumber.
7. Now add the yoghurt, mint and sea salt and pepper to taste. Mix well.
8. Spoon into a serving bowl and sprinkle with a pinch of ground chilli powder.
9. Serve immediately or store in the fridge until needed. Use as an accompaniment to a spicy curry.

Enjoy!

**Tasks within two \* \_\_\* means please get an adult to help.**

Recipe reference: adapted from "Indian Food Made Easy" recipe by Anjum Anand